COVERUP OF AFGHAN TORTURE ALLEGED, PG 6

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Crosby passes Olympic torch in home province

GAMES On its journey from sea to shining sea ahead of the 2010 Vancouver Olympics, the Olympic torch was ferried by yet another hero of Canadian sport.

Pittsburgh Penguins captain Sidney Crosby, a native of Coal Harbour, N.S., took his turn with the torch yesterday in Halifax, surrounded by throngs of fans and spectators.

"It's not just about me carrying the torch or another person — this is a celebration of the whole country and just to be a part of that, I feel so honoured," Crosby told reporters after his 300-metre jog. **METRO NEWS SERVICES**

MORE COVERAGE, PAGE 10

News on the Move

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India **Temple trip**

ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper visits the Golden Temple in Amritsar, India yesterday. Harper's three-day trip to the emerging economic giant, which concluded yesterday, was geared towards investment and trade. More coverage, page 6.

Flu clinics open to all of Ottawa

50,000 more doses expected

TRACEY TONG
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Flu Outbreak

Ottawa Public Health has opened its H1N1 vaccination clinics to the general public.

The city currently has 60,000 doses in the fridge and was expecting another 20,000 doses as early as last night, associate medical officer of health Dr. Vera Etches said yesterday. Another delivery of about 30,000 doses is expected at the end of this week, she said.

"We're in a situation now where we're more confident in the ongoing supply of the vaccine," said Etches. "It's sufficient for us to open up the priority group."

"After more than three weeks of concentrating on priority populations, we now have the supply and the capacity to begin offering vaccine to the general public," said medical officer of health Dr. Isra Levy. "The H1N1 vaccine is the best way to protect yourself against the flu this year and I encourage all residents to get vaccinated."

The decision to make the vaccine available to the general population over six months of age was at the direction of the provincial government.

While the city has distributed 190,000 doses of vaccine to Ottawa residents — or 20 per cent of the population — OPH is hopeful the city will surpass the 40 per cent mark.

Both the adjuvanted and the unadjuvanted vaccine will be available at the clinics. The limited supply of unadjuvanted vaccine will be primarily offered to pregnant women and healthy people between 10 and 64 years of age.

The wristband system continues to be used to reduce wait times.

Public health is looking into opening more clinics.

While the regular clinics run seven days a week, plans are underway to open a one-day clinic at the Cyrville Community Centre this Saturday, as well as another vaccination clinic site in Barrhaven and at the Ottawa Hospital. Clinic locations, schedules and wait times are available at ottawa.ca/health.

Etches said Ottawa Public Health is confident the vaccines won't run out, resulting in a temporary suspension of clinics like last week. "In some ways, we would be pleased to see the demand, but we're confident the supply is more secure and we don't anticipate running out."

Status quo for strollers on OC Transpo

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OC Transpo is sticking to "pretty much the status quo" for strollers on city buses.

A proposed policy for managing priority areas of buses would have limited the number of open strollers on a bus at any time, but yesterday the transit committee voted to relax those restrictions.

"It's unrealistic to expect people to automatically stow and fold. It's going to be more of a problem than anything else," said Rideau-Vanier Coun. Georges Bedard. "If there is room on the bus for them to access the aisle and it doesn't impede the other passengers, then we should allow them to move onto the bus."

"It's unrealistic to expect people to automatically stow and fold."
Coun. Georges Bedard

The relaxed policy still requires parents to park strollers in vacant wheelchair positions. If those positions are not available or are needed later in the trip, the strollers could move to the aisles, but only if they do not interfere with other passengers. If that is not possible, bus operators will ask the parent to fold the stroller.

Vicky Kyriaco, the manager of transit marketing and customer service, said the policy was intended to clarify what to do with high-demand space at the front of the bus.

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Local

Officer charged with assault

Ontario Provincial Police have charged an Ottawa police officer with Criminal Code of Canada offences. Ottawa police said yesterday that a 33-year-old Ottawa man has been charged with two counts of assault with a weapon and two counts of assault causing bodily harm. The officer has been suspended from duty with pay pending the outcome of the criminal charges. The Ottawa Police Professional Standards Section is also investigating the matter and charges may be laid under the Police Services Act. METRO OTTAWA

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News in brief

PLAYWRIGHT A member of the National Arts Centre English Theatre Playwrights in Residence has been awarded the 2009 Governor General's Literary Award for Drama. Kevin Loring was awarded the prize for his debut play, Where the Blood Mixes, about a survivor of the residential school system and his reunion with his daughter after two decades apart. It will be on a Canada-wide tour in 2010. METRO OTTAWA

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WHAT'S ONLINE TODAY

Video On the ground in Afghanistan with Canadian troops at **metronews.ca/canada**

Blogs The Global Peasant checks in with a pea soup recipe.

Lotteries

Lotto 6/49: 2, 4, 13, 24, 30 & 42. Bonus 9.
Ontario 49: 30, 31, 32, 37, 40 & 45. Bonus 7
Ontario Pick 3: 8 9 1; **Ontario Pick 4:** 3 1 5 5
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These results are not official.

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Crash stats are loved ones lost, hurt: MADD president

Ceremony held yesterday in remembrance of collision victims

TRACEY TONG
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In the early hours of May 16, 2004, Margaret Miller got the call that every parent dreads.

"It was three o'clock in the morning, and the phone rings," Miller recalled yesterday. "Nothing good ever happens at three o'clock in the morning."

Her son, Bruce — a police officer in Springhill, Nova Scotia — had been involved in a head-on crash in P.E.I.

At the hospital, a doctor told Miller and her husband that there was a 99.5 per cent chance that their son was brain dead.

Miller

The person who caused the crash had a blood alcohol level over three times the legal limit and had allegedly been driving 178 kilometres an hour, Miller said. He did not survive the crash.

"When we talk about impaired driving crashes, we often talk in numbers and statistics," Miller — now the national president of Mothers Against Drunk Driving Canada — said at the second annual National Day of Remembrance for Road Crash Victims ceremony at Algonquin College.

"It's so easy to rattle off numbers.

"I want to tell everyone what it means when 3,000 Canadians are killed and another 200,000 are injured every year in road crashes ... It means that parents, children, siblings, grandparents, friends and people that are loved are being lost or injured in crashes."

"Today is a day to honour the victims and to support their families," said Transport Minister John Baird. "None of us can turn back time but we can work together to reduce the number of collisions on our roads each and every year."

TRACEY TONG/METRO OTTAWA

Ottawa West Nepean MP John Baird tests out a driving simulator while the Insurance Bureau of Canada's Andrew Bartucci tries his best to distract him yesterday at Algonquin College. The simulator, designed to show how actions like reading maps and digging for change can prove lethal when done behind the wheel, was a feature at the second National Day of Remembrance for Road Crash Victims.

Campaign set to distribute up to 100,000 red ribbons in city

They're back.

For some drivers, the red ribbons now synonymous with MADD Canada never leave their cars, but there will soon be even more signs of support as MADD Ottawa launched its annual Project Red Ribbon campaign yesterday.

"It's a national symbol," said MADD Ottawa president Tom Wainwright of the iconic ribbon.

"Whenever people see a red ribbon this time of year, they know it's for the red ribbon campaign. It symbolizes the victims of violent crime."

Wainwright anticipates that MADD Ottawa will distribute between 75,000 and 100,000 red ribbons over two months.

MADD Ottawa is partnering with Ottawa police, OPP and community organizations and businesses for the campaign.

The ribbons, which are available at businesses across the city, "remind people not to drive impaired, and to tie a ribbon on your car if you support the cause," said Ottawa OPP Const. Guy Prevost.

TRACEY TONG/METRO OTTAWA

Technology OK'd for rapid transit

COMMITTEE Ottawa rapid transit network trains will be low-floor electric light rail, powered by overhead wires that will be automated along the Transitway, but manually operated at street level.

With little ceremony yesterday, the city's transit committee unanimously approved the technology that will someday form the main line of the city's rapid transit network.

A single type of car will be used for each section of the completed network, rather than a mixed fleet with small trains serving lower capacity routes.

Deputy city manager Nancy Schepers said this will reduce operating costs by minimizing maintenance facilities and the number of vehicles kept as spares.

Transit committee chair Alex Cullen said approval of the technology makes the conversation with the federal and provincial funding partners more firm because they know the type of trains they will design the system around.

"Now we know we have to factor in overhead wire, we have to factor in the low floor. In the Transitway we have to factor in the signalling system to carry the train through," he said. "These are all important steps in refining the cost."

The first portion of rapid transit network is the $2.1 billion section from Tunney's Pasture to Blair Road through a downtown tunnel.

TIM WIECLAWSKI/METRO OTTAWA

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DON'T DRINK AND DRIVE

City-based web portal for caregivers honoured
Ottawa-based VON Canada, which created a unique web portal that provides education and resources to Canada's estimated 2.8 million caregivers, was recognized among Ontario's top health innovations of the year yesterday. METRO OTTAWA

News in brief

TRANSIT OC Transpo used to measure on-time performance as buses arriving at stops either two minutes early or three minutes behind schedule. A year ago, city council directed OC Transpo to measure the on-time performance as up to five minutes late, but never early. Transit services director Alain Mercier said it will take time for drivers to become comfortable with running a bit behind schedule. He said OC Transpo is undergoing an overhaul of the scheduling system that examines schedule reliability at every point along every route and adjusts schedules accordingly. Riders should notice improvements when the new schedule is implemented in April.
TIM WIECLAWSKI/METRO OTTAWA

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Lighting up the Hill

Christmas bulbs going on display across city

TRACEY TONG
tracey.tong@metronews.ca

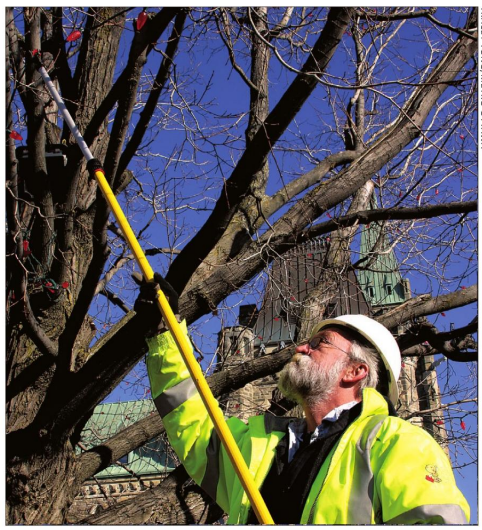
The temperatures are still reaching the double digits on some days, but it's beginning to look a lot like Christmas, at least on Parliament Hill.

For the past several weeks, workers have been installing Christmas lights for the 25th edition of the National Capital Commission's Christmas Lights Across Canada program.

While workers decorated Parliament Hill yesterday, a total of 200,000 LED lights will illuminate 70 sites along Confederation Boulevard, including the National War Memorial, Confederation Park, Nepean Point and Gatineau's Jacques Cartier Park from Dec. 12 to Jan. 7, said Rick Belford, a lighting technician with Roy's Lighting.

There will also be lights installed on the properties of the prime minister's and Governor General's residences and at embassies and other prominent landmarks, Belford said.

The official illumination ceremony is held Dec. 12 on Parliament Hill. This year, the celebration is set to coincide with the arrival of the Vancouver 2010 Olympic torch relay.



TRACEY TONG/METRO OTTAWA

Electrician Ritchie Hamilton puts Christmas lights on a tree at Parliament Hill yesterday. More than 200,000 LED lights are being put up along 70 sites along Confederation Boulevard as a part of the National Capital Commission's Christmas Lights Across Canada program.

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Debt to clear half-trillion mark: CTF
The federal government's debt will zip back over the half-trillion-dollar mark this Sunday evening, the Canadian Taxpayers Federation says. THE CANADIAN PRESS

Canada

Alleged Nazi gets reprieve

An appeal court has ordered the federal cabinet to revisit its decision to strip accused Nazi war criminal Helmut Oberlander of his Canadian citizenship. In a 2-1 decision made public yesterday, the Federal Court of Appeal told cabinet to reconsider the issue of whether Oberlander was a willing member of his military unit, given that the penalty for desertion was execution. THE CANADIAN PRESS

Harper ends India visit on 'jumping off point'

TRIP India's stunning contrasts were once more in evidence as Prime Minister Stephen Harper concluded a three-day tour of the emerging South Asian economic giant.

While investment and trade were the ostensible touchstones of Harper's first visit to the Indian subcontinent since coming to power four years ago, tours of a pair of very different temples yesterday served to provide the Conservative prime minister with some Indian multicultural bonafides on the home front. "This trip is the culmination but it's also the jumping off point," Harper said in a brief wrap-up interview with two Canadian reporters chosen by the Prime Minister's Office.

"It's the culmination for a lot of that we've been doing for the past two or three years to really try to rebuild and build up our relationship with India and get it on a different plane."

That would be a Conservative plane, judging by the politically savvy choice of sites for Harper's final two photo opportunities of the visit. THE CANADIAN PRESS

Temples

- Harper began the day at the BAPS Swaminarayan Akshardham Temple in New Delhi, which boasts being the largest Hindu temple in the world. He then flew to Amritsar, the country's Sikh heartland and home to the famed Golden Temple.

Captives beaten, shocked: Official

Liberals accuse Conservatives of coverup in treatment of prisoners

A federal official says all of the prisoners Canada handed to Afghanistan's notorious intelligence service in 2006-07 were tortured — and many of them were likely innocent.

Intelligence officer Richard Colvin, a former diplomat in Afghanistan, testified before a special House of Commons committee yesterday.

He told MPs that captives taken by Canadian troops and handed over to the Afghans were subjected to beatings and electric shocks in 2006 and early 2007.

In a blistering indictment of Ottawa's handling of prisoners, Colvin said the Red Cross tried for three months in 2006 to warn the Canadian army in Kandahar about what was happening to prisoners, but no one would "even take their phone calls."

He painted a dramatic picture of institutional indifference that morphed into an exercise in damage control once allegations of abuse became public in April 2007.

Colvin said he was ordered not to write about prisoners, and soon afterward reports from the field began to be "censored."

The Liberals attacked the Conservatives during question period, accusing the party of orchestrating a coverup.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Intelligence officer and ex-diplomat Richard Colvin testifies at a commons special committee on Afghanistan hearing witnesses on transfer of Afghan detainees on Parliament Hill in Ottawa.

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Canada to wait on GHG regulation: Prentice
Canada will wait to regulate its greenhouse gases until the world reaches a climate-change deal, Environment Minister Jim Prentice says. THE CANADIAN PRESS

Canada should pull out, says Afghan official

She sleeps in safe houses, with a rotating squad of bodyguards securing the doors. She goes out only in a billowing burqa. And even her wedding was held in secret.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Malalai Joya has been called the bravest woman in Afghanistan. She's an outspoken Afghan MP who challenges the warlords and government. She believes Canada should leave her country.

Elected the youngest member of the Afghan parliament — and suspended for her outspoken criticism of the country's top officials — Malalai Joya has been labelled the bravest woman in Afghanistan.

Small, soft-spoken and now 31, she has survived at least four assassination attempts and is angry at the oppressive life she is forced to lead, dodging enemies she has denounced as bloody-handed warlords and drug kingpins.

But as President Hamid Karzai is inaugurated Thursday for another four years in office after a fiercely disputed election, she says his term is already tainted by the corruption, criminality and violence of those around him.

"(Prime Minister) Stephen Harper says this election was a success," she says. "But Karzai has not only insulted, but betrayed the Afghan people."

Karzai has vowed to launch anti-corruption investigations under pressure from Washington. But, Joya insists, Canada is wasting blood and treasure on keeping his government in power.

"Canada should pull its troops out now," she said in Toronto yesterday, on a tour for her book A Woman Among Warlords, co-written with Canadian peace activist Derrick O'Keefe. TORSTAR NEWS SERVICE

U.S. bars canola meal imports from Canada

The United States has stopped canola meal shipments from five Canadian plants at the border over concerns about potentially dangerous salmonella bacteria. And prairie farmers are calling on the federal government to help sort out the situation. THE CANADIAN PRESS

News in brief

LAWSUIT Telus Corp. is suing Rogers Communications Inc. in an attempt to force its competitor to abandon claims to Canada's fastest and most reliable network before the holiday smartphone rush heats up.

SUMMIT Canada's top cop has dared to say what top politicians won't: Ontario's Huntsville is just too small to host the G20 summit. The initial plan was to hold the Group of Eight summit in Huntsville and a second, larger G20 meeting somewhere nearby.

THE CANADIAN PRESS

Mirrors in space suggested as solution to global warming

CLIMATE While world leaders gear up to discuss reducing emissions, a growing community of scientists is looking to far more drastic solutions they say could one day save the world from the impact of global warming.

The field of geoengineering has spawned a host of Earth-cooling ideas to deliberately meddle with Mother Nature and stave off the potential effects of melting permafrost and rising sea levels.

One idea being bounced around involves launching mirrors into outer space to reflect sunlight.

Another would block out solar radiation by blanketing blue skies with perpetually overcast conditions.

But tricky questions remain: Will the remedies further endanger the Earth? Will humans be tempted to use geoengineering solutions as a quick fix instead of curbing greenhouse-gas emissions? THE CANADIAN PRESS

Gorilla 'picks' Nassir for his son's name

Toronto Zoo had over 5,000 suggestions

Charles the gorilla eyed a bank of cameras for a minute yesterday morning before languidly reaching for a piece of fruit, unwittingly selecting his 2½-month-old son's name.

Nassir, that's his baby.

The Toronto Zoo decided to give the proud papa a hand in choosing the name of their newest western lowland gorilla, born Sept. 2.

More than 5,000 name suggestions were submitted by members of the public. The only stipulation was the names had to start with the letter N, to honour the baby's mother Ngozi.

Zoo staff and a group of children whittled the mass of names down to the top 10, which were then voted on online. The five most popular were displayed yesterday in the gorilla habitat, with a pile of fruit beneath each.

NATHAN DENETTE/THE CANADIAN PRESS

Mother Ngozi holds her baby gorilla boy named Nassir after Nassir's father Charles picked his name on Tuesday at the Toronto Zoo. The zoo set up piles of fruit at stations with five different name choices, deciding whichever fruit pile the dad ate from first would be the baby's name.

As he entered the habitat Charles circled the perimeter once, then took a seat next to the Nassir sign. He stared at the gathered members of the public and media, apparently weighing his options for a little while, before eating some fruit. THE CANADIAN PRESS

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Toronto subway system strands commuters

Thousands of Toronto commuters were stranded last night when subway service on the Yonge Street line between the Bloor and Eglinton stations was halted due to a damaged bridge. The TTC says 300,000 people were directly affected by the closure and thousands more will face delays. THE CANADIAN PRESS

Quebec official slams Ontario H1N1 plan

Flu **Outbreak**

H1N1 Quebec's chief public health officer suggests some Ontarians who are at high risk of getting the H1N1 virus may have to wait now that the province has begun vaccinating the general population.

"In a certain sense, there are people who are much less at risk who will get it (the vaccination) first, passing ahead of people who are more at risk," Dr. Alain Poirier told a news conference in Quebec City on yesterday.

He said the number of doses provinces receive is based on their percentage of the Canadian population.

"If Ontario is opening up to the whole population, they will not go faster because of that — the only thing is that they might create a different appeal for the vaccine (and) longer lineups.

THE CANADIAN PRESS

Crowds greet Crosby's torch run

Penguins star takes a turn in relay in downtown Halifax

VANCOUVER 2010 **Games**

Sidney Crosby has added another iconic piece of hardware to the collection he's hoisted in his stellar hockey career — the Olympic torch.

Huddled under the glow of street lights, thousands of people lined both sides of a downtown Halifax street last night to watch the captain of the Stanley Cup-winning Pittsburgh Penguins grasp the torch in a mitten-covered hand.

Clad in an official torchbearer uniform, the 22-year-old grinned and jogged below historic Citadel Hill as the bright, orange flame burned above his head.

"You look at the people out there, you see the signs of the excitement," Crosby said later about the massive crush of fans who slowed his jog to a crawl.

"You never dream of carrying the torch. For me, that wasn't something that I ever thought would be a possibility."

At one point in his short, 300-metre jaunt, Crosby stopped and turned slowly with the torch, eliciting wild cheers from the delighted crowd.

His jog turned into a walk when a sea of fans and flashing cameras swallowed him and snowboarder Sarah Conrad as they exchanged flames. Conrad, a native of Dartmouth, N.S., later lit a cauldron in front of Halifax City Hall.

Crosby, who won the Art Ross Trophy as the NHL's leading scorer and the Hart Trophy as league MVP, said the opportunity to return to his home province and run with the torch was too good to pass up.

"It's not just about me carrying the torch or another person — this is a celebration of the whole country and just to be a part of that, I feel so honoured," Crosby said.

"Whether I was playing hockey or whether I was someone here locally who just got the chance to do it, I think we can all say that it's a tremendous opportunity and we're proud to be able to do it."

Crosby, whose hometown of Cole Harbour lies across the harbour from Halifax, was one of 12,000 torchbearers tasked with carrying the flame across Canada as part of a massive relay. THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

Pittsburgh Penguins captain Sidney Crosby, a Cole Harbour native, carries the Olympic torch in Halifax last night before a crowd of close to 20,000 people. The flame, which travelled all the way from Olympia in Greece, is on a 106-day cross-country relay.

Groups plan to protest at torch relay

SEAL HUNT A pair of animal rights groups are planning on protesting the seal hunt during the Olympic torch run over the next few months.

However, organizers say they won't disrupt the run and will instead be inflating a giant seal named Sparky at locations away from the spectators.

Dan Mathews, the senior vice-president of People for the Ethical Treatment of Animals or PETA, said yesterday his group will use "the opportunity" of the torch tour to deliver its message that the seal hunt should be banned.

He says with "the eyes of the world" on Canada his group "can't resist the opportunity to engage people" about the commercial seal hunt issue.

Some of the protesters are carrying signs showing the Olympic logo — an Inuit Inukshuk — swinging a hakapik at a white seal sitting on a Canadian flag.

THE CANADIAN PRESS

Man fined for illegal cigarettes

CRIME A Nova Scotia man has been fined more than $22,000 for possessing illegal cigarettes.

Ronald Nelson Veinot, 54, of Mount Pleasant was charged under the provincial revenue and federal excise acts and was also charged with producing and possessing marijuana.

He was arrested after a March 23 search of a residence turned up 147 bags of cigarettes, each containing 200 smokes.

Police also discovered 1,381 grams of dried marijuana.

Veinot was also placed on probation for two years and ordered to take counselling.

THE CANADIAN PRESS

Jury deliberating fate of man charged in murder of RCMP officer
A jury in Yellowknife is deliberating the fate of an Alberta man charged in the murder of a northern RCMP officer two years ago. Emrah Bulatci, who is 25, admitted during his trial that he shot Const. Chris Worden while the officer was chasing him in October 2007 in Hay River, N.W.T. THE CANADIAN PRESS

Swift close to treaty talks would prove beneficial: Report

British Columbia is losing more than a billion dollars annually by not settling treaties with its First Nation communities, a new report claims.

The study, released yesterday by the B.C. Treaty Commission, estimates lost opportunity costs of about $1.5 billion in 2009 alone.

On the other hand, the report says completing two treaties each year over the next 15 years could inject $3.2 billion into the provincial economy.

It would also result in $5.14 billion in net benefits to First Nations.

What's more, if all 60 B.C. First Nations now in the treaty process completed treaties by 2025, they could receive financial benefits of $10.28 billion, says the report prepared for the commission by accounting firm PricewaterhouseCoopers.

B.C. could receive $6.4 billion after settlement costs, and total wage income could rise by more than $14 billion, the study says.

> **"Pace does make a difference. The more treaties you do faster, the more economic benefit you are going to receive from that."**
> Sophie Pierre, B.C. Treaty Commission

"Pace does make a difference. The more treaties you do faster, the more economic benefit you are going to receive from that," Sophie Pierre, chief commissioner of the B.C. Treaty Commission, said in releasing the report.

Unlike aboriginal groups in other provinces, most bands in B.C. did not sign treaties with settlers.

As a result, the province and Ottawa have undertaken modern treaty talks.

THE CANADIAN PRESS

Harper facing heat for spending on 'signs about signs'

OTTAWA The federal Liberals say the Harper government has taken stimulus propaganda to a new extreme — erecting signs about signs.

They point to a federal building in Gatineau, Que., where a billboard announces work on "a study of overhead signage."

In Yellowknife, another Economic Action Plan sign announces "installation of interior/exterior signage."

MP Marcel Proulx says signage has also gone up for projects as routine as repairing drinking fountains and upgrading duct work.

Fellow MP Wayne Easter says each sign costs more than many people make in a year.

And he says they're evidence the government is willing to run up the deficit to "manipulate the public's mind."

The last Conservative budget outlined $40 billion in stimulus measures over two years.

Of that, about $16 billion has been earmarked for infrastructure projects.

Government documents show Ottawa has spent well over $34 million to promote the plan, although the Liberals say the true amount is around $100 million.

Transport Minister John Baird retorted that the Liberals are missing the point of the action plan, which is to create jobs and mitigate the effects of the recession.

THE CANADIAN PRESS

News in brief

MURDER Prosecutors in Washington State have filed charges of solicitation to commit first-degree murder against a laser eye surgeon accused of trying to have two colleagues killed. Dr. Michael Mockovak is accused of paying $10,000 to an informant to have his business partner, Dr. Joseph King, murdered, with $15,000 more to be allegedly paid once the deed was done. King is a graduate of the University of British Columbia and holds Canadian and American citizenship.

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Comment

Private versus public relationships

Relating

Single. In a Relationship. Engaged. It's Complicated. Single.

Two acquaintances got engaged. My best friend from the third grade got married. And a former colleague got divorced — for the second time. I know these things, not because I've spoken to them recently. I know these things because of Facebook.

I'm fascinated by what people choose to share about their romantic lives on the Internet. Some are coy, secretive. Others define themselves by their relationship or blogging ceaselessly about significant others.

It's another kind of PDA (Public Display of Affection). Changing your Facebook status to In a Relationship is the new Making Out on Park Benches.

But once you've gone public and shared your happiness with several hundred of your closest friends, what happens if your relationship ends?

I've only met Lauren White a couple of times, but I feel like I've known her forever. Her blog, Raymi The Minx (www.raymitheminx.com), has amassed an impressive following over the years. On my computer screen, she is a stunning, unsmiling woman who painstakingly documents minutiae like new outfits, found objects and elaborate meals. In person, she is sweet and smiley, funny and friendly. Her partner Phil was the handsome photographer who made her into his muse. Online, they appeared a perfect hipster power couple.

When I discovered that Raymi and Phil had recently ended their engagement, I felt like I had learned of the breakup of two close friends. And given the scads of supportive emails that she received and posted on her site, I wasn't alone.

Phil and Raymi were fun-loving and photogenic online, but real life was another matter:

"we acted beautifully together for everyone else but us. while alone it was stretches of silences for hours in our own little online worlds until it became dark then we'd get ready and go out to whateverthe f— was going on that nite."

The Ballad of Raymi and Phil can be taken as a cautionary tale. In our full-disclosure world, we should be mindful that sharing intimate details of our lives means that we will have an audience when it all falls apart.

Go ahead and flaunt your relationship online. Just make sure it's as great in real life as it looks on paper (or in pixels). Because it's better for you to be genuinely happy than for us to believe you are.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Imagine a mobilization against sex assaults

BroadMinded

"What if we did as much to prevent rape as we do to prevent H1N1?" This question was posed recently by a blogger from Bitch, one of my favourite feminist magazines, and, for some reason, I can't stop thinking about it.

The blogger in question, Meg Stone, asked her readers to imagine a world where the government, the media and the health-care system mobilized as loudly against sexual assault as they're doing against swine flu. Think about it: Coast-to-coast public education campaigns! Daily news reports! Pissed-off citizens determined to do everything they can to protect themselves and their loved ones!

It may seem odd — scandalous, even — to draw a comparison between the H1N1 pandemic and sexual assault. But while these are very different and complex problems, they share some common ground.

On the most basic level, both put public safety at risk. Reducing the prevalence of either requires a change in public behaviour and cultural norms. And as Amnesty International argues in its Stop Violence Against Women campaign, "Violence against women and girls is a global pandemic."

So, can you picture it? An alternate reality where rape prevention is at the top of the agenda?

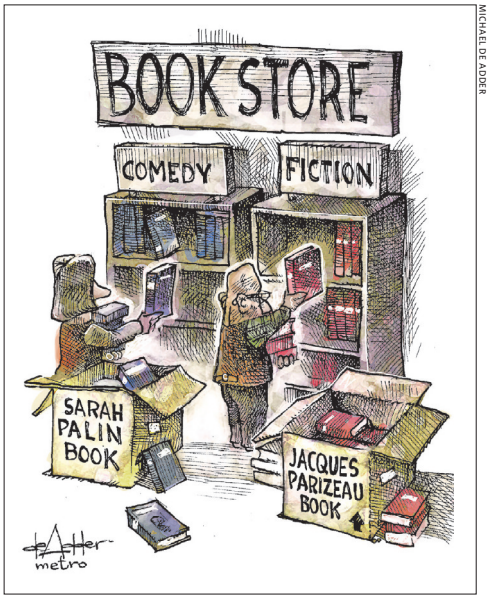
Probably not. Even though statistics tell us that one in four Canadian women will be sexually assaulted during her lifetime, this is not typically seen as a health and safety crisis.

The shame and stigma associated with sexual assault means that we still don't talk about it and most victims don't report it.

Instead of Stone's vision of preventative measures on the front page, the news we hear is disturbing and disempowering.

Unlike H1N1, sexual assault has been part of our world for so long that we don't think we can fight it. Well, we certainly won't by remaining apathetic. While I'm not naïve enough to expect the large-scale mobilization Stone dreams about, she provides a welcome reminder that change is worth fighting for.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless. Visit www.shamelessmag.com



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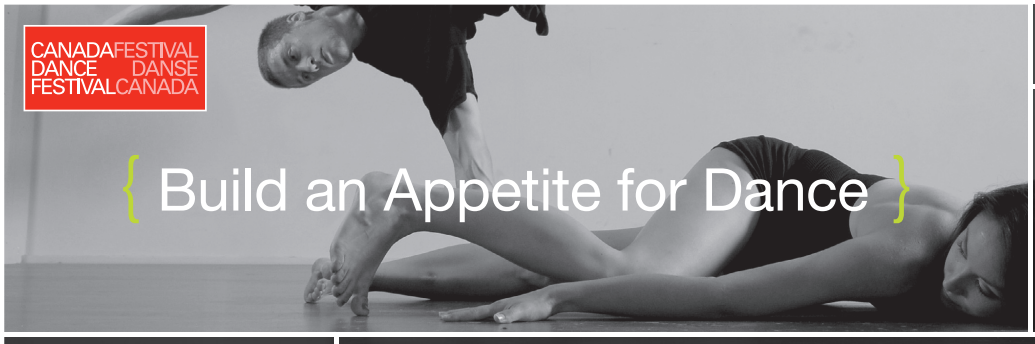

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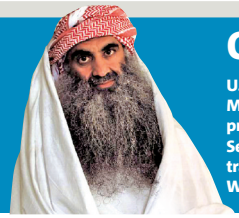
the Bay

British couple arrested for helping spread computer viruses
A couple suspected of spreading some of the Internet's most aggressive viruses such as Zbot were arrested in the English city of Manchester, police said yesterday. THE ASSOCIATED PRESS

World



Obama predicts conviction, execution

U.S. President Barack Obama predicted that professed Sept. 11 mastermind Khalid Sheikh Mohammed, left, will be convicted and executed as Attorney General Eric Holder proclaimed: "Failure is not an option." Holder announced last Friday that five accused Sept. 11 conspirators currently held at the U.S. military base at Guantanamo Bay will be transferred to federal court in New York to face trial — just blocks from the site of the former World Trade Center. THE ASSOCIATED PRESS

Free condoms to help save the world?

UN says slowing population growth could help climate change

The battle against global warming could be helped if the world slowed population growth by making free condoms and family planning advice more widely available, the UN Population Fund said yesterday.

The agency did not recommend countries set limits on how many children people should have, but said: "Women with access to reproductive health services ... have lower fertility rates that contribute to slower growth in greenhouse gas emissions."

"As the growth of population, economies and consumption outpaces the Earth's capacity to adjust, climate change could become much more extreme and conceivably catastrophic," the report said.

The world's population will likely rise from the current 6.7 billion to 9.2 billion in 2050, with most of the growth in less developed regions, according to a 2006 report by the United Nations.

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The UN Population Fund acknowledged it had no proof of the effect that population control would have on climate change. "The linkages between population and climate change are in most cases complex and indirect," the report said.

Still, Thoraya Ahmed Obaid, the UN Population Fund's executive director, told a news conference in London yesterday that global warming could be catastrophic for people in poor countries, particularly women.

"We have now reached a point where humanity is approaching the brink of disaster," she said. THE ASSOCIATED PRESS

New York **Baby steps**

KATHY WILLENS/THE ASSOCIATED PRESS

Environmental activist Erin Brockovich — portrayed by Julia Roberts in the 2000 movie — plays with toddlers while promoting a virtual Million Baby Crawl yesterday. The Million Baby Crawl is a grassroots effort to pass stronger U.S. regulations against chemicals in household products.

News in brief

CALIFORNIA An elderly man known as the Geezer Bandit is suspected of robbing five California banks beginning in the summer. The man is believed to be in his 70s, San Diego area FBI investigators say. THE ASSOCIATED PRESS

Success depends on who you ask

BEIJING Chinese state media heralded U.S. President Barack Obama's maiden trip to China as a triumph, but ordinary Chinese were largely shielded by their government from his most critical remarks and activists were disappointed by the measured tone of those they did hear. One blogger even pined for the tough line taken by former president George W. Bush. State media portrayed the trip as a slam-dunk for China-U.S. relations, saying a joint statement issued by Obama and China's President Hu Jintao was a breakthrough to inspire the world. THE ASSOCIATED PRESS

Reunion

- U.S. President Barack Obama said yesterday that he met with his half brother who lives in China.

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'Wife Swap' couple plead guilty

A couple who was featured on the reality show Wife Swap have pleaded guilty to federal charges in Buffalo, N.Y. Ralph Guastaferro faces five years in prison for laundering $1.2 million US for a Canadian telemarketing scheme. THE ASSOCIATED PRESS

Palin pulls in the people in Michigan

College students ditched class, employees skipped work and some huddled in the cold overnight just to make sure they get an orange wristband that would let them meet Sarah Palin.

Thousands gathered outside a Grand Rapids, Michigan, Barnes&Noble store yesterday for the kickoff of the former Republican vice-presidential candidate's Going Rogue book tour, which has taken on the feel of a political pep rally.

"I just can't tell you how good it is to be back in Michigan," the former Alaska governor told the crowd, which chanted "Palin! Palin!"

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms, and just the hard-working, patriotic Americans who are here," Palin said.

The memoir was released Tuesday but has topped best-seller lists for weeks. At the Barnes&Noble, about 1,000 orange wristbands were handed out, allowing wearers to get two copies autographed by Palin at the three-hour signing event.

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms."
Sarah Palin during a book promo stop in Michigan

Going Rogue follows Palin from childhood to her departure last summer as Alaska governor.

The title refers to her independent streak as a candidate, stemming from complaints within the campaign of Republican presidential nominee John McCain that she had gone "rogue" by disagreeing with the campaign's decision to pull out of Michigan last October.

THE ASSOCIATED PRESS

News in brief

MISSOURI Authorities have seized several items, including pornography, computer equipment and weapons, from the home of one of six men charged in a child sex abuse case. A search warrant shows that deputies took the items last week from the home of 77-year-old Burrell Mohler Sr. Mohler's wife, Sandra Mohler, told authorities she had discovered the pornography in a false ceiling in the basement two months ago.

SOMALIA A judge for an Islamic militant group in Somalia says a woman has been stoned to death and her boyfriend given 100 lashes for having an affair. Sheikh Ibrahim Abdirahman, the judge for the group al-Shabab, says the woman was killed Tuesday in front of a crowd of some 200 people near the town of Wajid.

THE ASSOCIATED PRESS

Afghan security tightened

KABUL Security forces increased patrols on some streets in the Afghan capital and blocked others entirely yesterday, bracing for possible militant attacks during the inauguration ceremony that will cement President Hamid Karzai's tumultuous re-election victory. Karzai will be sworn in Thursday for his second five-year term, with many in the international community hoping he will introduce solid reforms and pave the way for a Cabinet house-cleaning to rid the administration of corrupt officials. The inauguration comes amid repeated calls and threats from the international community that he reform his government following an election so spoiled by fraud that it took two and half months to resolve.

U.S. Secretary of State Hillary Rodham Clinton — who arrived in Kabul yesterday to attend the ceremony — said Karzai's inauguration provides a new chance for him to strengthen government accountability.

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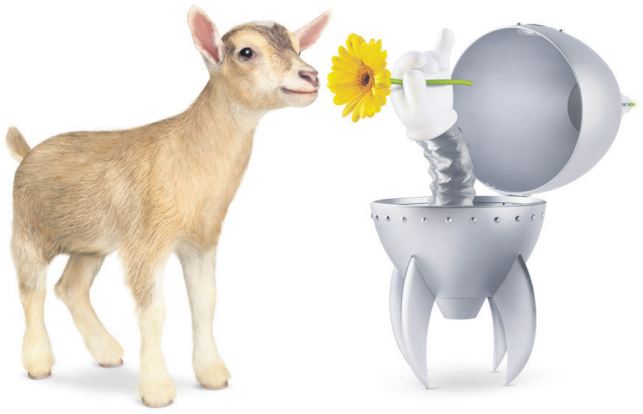

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Dutch government approves CO2 storage below town
The Dutch government approved a pilot project yesterday to pump carbon dioxide into depleted gas fields beneath a town of 43,000 people as a way of reducing emissions blamed for global warming. THE ASSOCIATED PRESS

Australia urged to stop racist policies

Australia must abolish policies that discriminate against Aborigines in its quest to lift its indigenous population out of Third World poverty, the head of an international human rights group said yesterday.

Irene Khan, secretary general of London-based Amnesty International, singled out for criticism the government's so-called emergency intervention aimed at eradicating child sex abuse in Outback Aboriginal communities.

The government suspended anti-racial discrimination laws two years ago so that it could target Aborigines in the remote Northern Territory with sweeping measures that ban alcohol and hard-core pornography as well as control how welfare checks can be spent. The restrictions do not apply to Australians of other races.

Minorities

- Aborigines are a minority of 500,000 among Australia's 22 million people and die on average more than a decade younger that other Australians.

The government was also spending billions of dollars on improving housing, health services, schools and policing in these overcrowded communities that are often plagued by alcohol and substance abuse.

Khan told the National Press Club that Aboriginal poverty was "the most pressing frontier for human rights" in Australia.

She said the government must find a solution that respected all Aborigines' rights without compromising racial equality.

"If Australia is to move to a lasting solution to poverty within its own borders, the government must move out of the knee-jerk emergency measures that are compromising and distorting human rights," Khan said in a nationally televised speech. "(Aborigines) feel disempowered, robbed of their dignity, threatened with the loss of their identity and attacked on their own ancestral lands." THE ASSOCIATED PRESS

Laid-back atmosphere led to sub crash: Report

NAVY U.S. military investigators say crew members of a U.S. submarine made dozens of errors before the vessel collided with an American warship in the Persian Gulf. They also found the sub was led by officers who improperly tolerated sleeping, slouching and a radio room rigged with music speakers.

The Navy Times newspaper first reported the findings after obtaining a heavily redacted report through the Freedom of Information Act. A Connecticut newspaper, The Day of New London, also obtained the report.

The USS Hartford, a submarine based in Groton, Connecticut, collided with the USS New Orleans, a Navy amphibious ship, on March 20 in the Strait of Hormuz. It caused a fuel leak and minor injuries to 15 sailors.

The chief of the sub was reassigned and several crew members were punished for poor performance, the newspaper reported.

The report said the crew of the New Orleans bears no fault, and that crew members aboard the USS Hartford made numerous errors in the hour before the collision.

During the hour before the collision, investigators say, sonar operators in charge of monitoring nearby ships were chatting informally; the supervisor left his station; the navigator was taking an exam while listening to his iPod; and the officer in command did not check the periscope.

Messages left by The Associated Press yesterday for representatives of the Pentagon and of the U.S. Naval Submarine Base New London in Groton were not immediately returned.

THE ASSOCIATED PRESS

News in brief

GAY PASTORS A decision by the largest U.S. Lutheran denomination to allow gay pastors to serve as clergy is leading a conservative opposition group to try to form an alternate Lutheran church body. Leaders of Lutheran CORE said at a news conference yesterday that they disagree with an August decision on gay pastors by the Evangelical Lutheran Church in America. They say they have heard from congregations and churchgoers from around the country who feel the same way. THE ASSOCIATED PRESS

Space instruments to go on display at Smithsonian
Two instruments that helped save the Hubble Space Telescope from failure in 1993 were recently returned to Earth and are going on display at the Smithsonian's National Air and Space Museum. THE ASSOCIATED PRESS

Killing leads to showdown between radical groups

A simmering confrontation between far-right youths and anti-racist activists has erupted into Moscow's streets after the fatal shooting of an anti-racist activist known as the Bonebreaker.

The violence stems from deep animus between two aggressive camps with starkly different visions of Russia's future — neo-Nazi skinheads who rank in the tens of thousands and militant anti-racist groups that call themselves Antifa, short for anti-fascist.

Former punk rocker Ivan Khutorskoi, 26, provided security for meetings of anti-fascists.

He also was known for organizing underground bare-knuckle boxing matches among them, and taking part in violent attacks on ultranationalists.

Khutorskoi was gunned down in his apartment building Monday night.

A day later, dozens of masked men pelted the headquarters of the pro-Kremlin youth group Young Russia with stones, trash and steel rods.

Kremlin critics say Russia's leadership created Young Russia and similar youth organizations to keep its political opponents in check and provide support, and sometimes muscle, on the streets.

Anti-racist groups claim they have close ties with the ultranationalists they call fascists or Nazis.

Antifa groups have been rapidly adding to their ranks in Russia in recent years, said Galina Kozhevnikova, the director of Sova, a respected Russian hate-crime watchdog. THE ASSOCIATED PRESS

Atlantis docks with space station

NASA Space shuttle Atlantis arrived at the International Space Station yesterday for a weeklong stay, and the astronauts quickly unloaded a huge platform full of spare parts needed to keep the outpost running for another decade.

The platform contained pumps, storage tanks and other equipment weighing hundreds of pounds each. Robot arms did the heavy lifting, just hours after the two craft came together 354 kilometres above the Pacific, between mainland Australia and Tasmania.

Astronaut Nicole Stott, a space station resident for the past two months, was thrilled to see her ride home. She spotted Atlantis from three miles out. "I have my ticket all ready and stamped, waiting for you guys when you get here," Stott radioed to shuttle commander Charles Hobaugh.

"Who is this?" Hobaugh teased.

Just before docking, Hobaugh guided Atlantis through a pirouette for the space station cameras, for a final check to make sure there's no damage to the thermal tiles on its belly.

So far, all indications are the shuttle made it through Monday's liftoff fine, NASA officials said. Astronauts surveyed their ship Tuesday for any signs of launch damage, and a quick look at images shows everything in good shape. Experts will continue to analyze the data, as well as the approximately 300 digital photos that were taken yesterday. THE ASSOCIATED PRESS

IT issues

- The only shuttle problem of note involved laptops. The astronauts had to contend with a poky connection rather than the usual DSL-type high speed, which slowed the transmission of pictures, charts and emails between Atlantis and Mission Control. Critical operations were not affected, said flight director Mike Sarafin.

EU and GM to hold Opel talks
The EU Commission says it will host high-level talks among EU countries and top GM Europe officials to discuss restructuring plans for troubled carmaker Opel. EU spokesman Ton Van Lierop says the meetings will be held Monday. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

It's the CRTC's fault: Canwest

Cable companies have gained so much power they have become a threat to Canadian broadcasting, and the national telecommunications regulator is mostly to blame, says Canada's second-largest private broadcaster.

Canwest Global Corp. president Leonard Asper blamed the CRTC for setting ground rules that have impoverished broadcasters and put cable firms in the penthouse.

"Broadcasting is a regulated business. Once you decide to regulate, it should be fair regulation," he chided the CRTC during hearings on the future of broadcasting yesterday.

Cable firms like Rogers and Shaw have most of the power in the industry today, he said.

Canwest is the last to appear before the CRTC asking that the regulator set conditions that would compel cable and satellite operators to pay for TV signals.

The trouble is, making such a decision would leave it open for the carriers to charge customers as much as $10 a month to cover the extra costs, which they have said they would do.

To which, said Canwest regulatory affairs executive Charlotte Bell, the CRTC should show some spine.

"You have to pull your weight to keep this under control," he told chairman Konrad von Finckenstein.

THE CANADIAN PRESS

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McDonald's Getting McHip

BEBETO MATTHEWS/THE ASSOCIATED PRESS

Customers visit a McDonald's in downtown Manhattan, the first in the U.S. to undergo a sleek, European-style makeover similar to what McDonald's has done at thousands of outlets in France and the U.K. The eatery is outfitted with outlets for plugging in laptops, upholstered vinyl chairs, subdued lighting and employees whose all-black uniforms suggest a hip boutique.

Yankees heading back to Canada

TRAVEL Travel to Canada by U.S. residents increased in September compared with August, while travel from Canadian residents to the United States declined.

Statistics Canada reports the overall number of trips to Canada from abroad increased 1.6 per cent to two million while the number of trips by Canadian residents abroad decreased 1.7 per cent to just less than four million.

Travel from U.S. residents to Canada increased 2.1 per cent in September to nearly 1.7 million trips.

Travel from residents of overseas countries was down 1.3 per cent in September compared with August, as travellers from non-U.S. destinations made 327,000 trips to Canada.

Canadians took 690,000 trips overseas in September, up 0.4 per cent from August.

THE CANADIAN PRESS

Business in brief

CREDIT German banks are calling back tens of thousands of credit cards over security concerns after allegations of data theft in Spain. "All banks are affected," said Steffen Steudel, spokesman for Germany's umbrella Central Credit Committee yesterday. Germans who have travelled to Spain recently were asked to check their credit card bills to see if unauthorized purchases were made.

THE ASSOCIATED PRESS

Inflation jumped by full point in October: StatsCan

ECONOMY Canadians paid more for food, clothes and tuition in October as the annual inflation rate ticked higher for the first time in five months.

Statistics Canada said yesterday the annual inflation rate jumped a full point to edge above zero at 0.1 per cent in October, reversing an unusual situation that existed since May in Canada where overall prices were lower than a year earlier.

The data also showed Canadians were paying less for gas, automobiles and hotels.

And it's unlikely the inflation rate will fall below zero again for some time.

Food continues to be a main driver of higher inflation. Food prices were 2.3 per cent higher in October than 12 months earlier.

THE CANADIAN PRESS

Inflation rates across Canada

- Previous month in brackets:
- Halifax, -0.3 (-0.4)
- Montreal, 0.7 (0.0)
- Ottawa, 0.4 (-1.0)
- Toronto, 0.3 (-1.0)
- Edmonton, 0.4 (-0.5)
- Calgary, 0.1 (-1.2)
- Vancouver, -0.6 (-1.0)

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Delta and partners dangle $1 billion to lure Japan Airlines

Delta Air Lines and its SkyTeam alliance partners said yesterday they are making a billion-dollar offer to lure loss-making Japan Airlines from its current affiliation with American Airlines. Asia's largest airline is valuable because of its routes in China and Japan. THE ASSOCIATED PRESS

Building sector hits recovery

ECONOMY The budding American economic recovery is getting little help from the home building industry, which normally creates jobs and boosts growth as a recession ends.

Construction of homes unexpectedly plunged last month to its lowest point since April, the Commerce Department said yesterday. The weak figures show that builders still lack confidence that buyers can soak up the glut of unsold homes already on the market — a supply magnified by a record number of home foreclosures.

The figures also illustrate how much the fledgling recovery depends on government support. Builders broke ground on fewer homes in part because of uncertainty in October about whether Congress would extend a tax credit for homebuyers. Earlier this month, lawmakers renewed the credit and extended it to more buyers.

THE ASSOCIATED PRESS

Dogfight for EU chief?

Choosing first president descends into cacophony

The European Union is about to pick its very first president, a post conjured up after years of tortuous political machination to give the bloc a unified voice on the world stage.

But what is emerging from the halls of power on the eve of the historic decision is confusion and cacophony.

There are still no official candidates, and yet more than half a dozen politicians are said to be in the running. Prospects range from the world-famous Tony Blair to a little-known figure named Herman Van Rompuy, the unassuming prime minister of Belgium.

Nevertheless, at a dinner today the 27 EU leaders are to pick the president — as well as a foreign minister for Europe — in a ballot that looks more like something between a lottery and a dogfight.

Diplomats are bracing for an hours-long battle over these and other jobs for political pals, which many expect will last into the small hours of Friday.

> **"It might take a few hours. It might take all night."**
> Fredrik Reinfeldt, Swedish PM

The whole process appears to make a mockery of the EU's lofty and long-stated aim of "streamlining" the European decision-making process.

Swedish Prime Minister Fredrik Reinfeldt, holder of the rotating EU presidency, suggested yesterday it will be an uphill slog to get agreement on the two top jobs.

"Do we get these new figures? Well, I don't know. It might take a few hours. It might take all night ... That is what I am preparing for," he said.

THE ASSOCIATED PRESS

YVES LOGGHE/THE ASSOCIATED PRESS

Denmark's Emilie Turunen, the youngest member of the European Parliament, speaks to journalists during a protest near the European Council in Brussels, yesterday against the lack of women candidates for the EU's new top job of EU president.

Chocolate giants mull Cadbury bid

FOOD INDUSTRY Chocolate makers The Hershey Co. and Ferrero International SA confirmed yesterday they are considering a possible offer for Cadbury PLC, which is already the target of a hostile bid by Kraft Foods Inc.

The move raises the possibility of a takeover battle for the British maker of Dairy Milk and and Creme Eggs.

Cadbury has dismissed Kraft's bid, announced Nov. 9 and worth $16.4 billion US as "derisory."

Ferrero is a privately held company with $9 billion in sales last year. Hershey's earned $5.13 billion in its most recent full year.

THE ASSOCIATED PRESS

Business in brief

ENERGY Natural gas shipper and power producer TransCanada Corp. is forecasting major growth between now and 2013. The Calgary-based firm says it expects its earnings before interest, taxes, depreciation and amortization to grow 60 per cent, from $4 billion this year to $6.5 billion in 2013. THE CANADIAN PRESS

Read Kids' Metro! Special edition out on Friday, 20th

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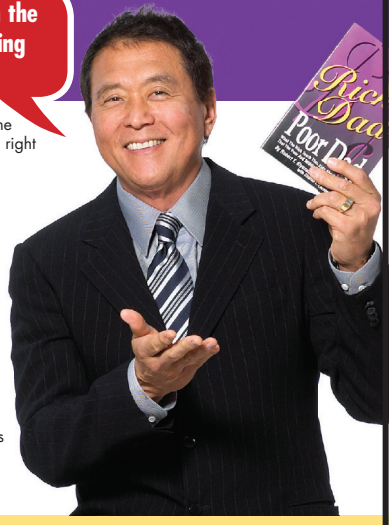

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Canadian wins MLS honour

Pat Onstad of the Houston Dynamo was named the inaugural winner of Major League Soccer's Degree Men Save of the Year award yesterday. Onstad, 41, of Vancouver was honoured for a double save on a penalty kick against the Colorado Rapids. Voting for the award was conducted by fans. THE CANADIAN PRESS

Sports

F1 champ switches teams

Formula One champion Jenson Button, left, signed with McLaren yesterday, teaming him with Lewis Hamilton to give the English team a potent lineup for next season featuring the two most recent title holders. McLaren said Button signed a "multi-year deal" after leaving constructors champion Brawn GP in the wake of its takeover by Mercedes-Benz earlier this week. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Welcome contributions

Enjoying a career year thus far, Mike Fisher is picking up slack for others

Mike Fisher is making headlines for more than his high-profile romance with country music star Carrie Underwood.

The Ottawa Senators forward is off to a career-best offensive start to the season and, with star centre Jason Spezza having just one goal to his credit, Fisher's contribution is much appreciated around Scotiabank Place these days.

Fisher scored twice, including the game winner, in a 3-2 victory over the Toronto Maple Leafs Tuesday night. He has a team-high nine goals through the first 18 contests.

"He's picking up where he left off last year," Senators coach Cory Clouston said yesterday.

"I thought he played very well the last part of the season last year, maybe not always scoring, but his play to me was the most important thing.

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"He makes everybody around him better because of his work ethic and the little things he does well."

Less than a quarter through the season, the 29-year-old Fisher is on pace to eclipse the career-high 23 goals he scored in 2007-08.

At the very least, he looks like an easy bet, barring injury, to top the 20-goal mark for the fourth time in his 10 NHL seasons.

Fisher is happy to talk about putting the puck in the net these days, especially because he knows what it's like to not be scoring.

"It's been a lot better start than last year," said the native of Peterborough.

"Obviously, when things are going well there's the confidence in making plays and I feel good that way. I've kind of relaxed a little bit more compared to last year where I was gripping the stick.

"I've relaxed a little bit more and get down to just playing and trying to have fun." THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Ottawa's Mike Fisher crashes into Edmonton Oilers goalie Jeff Deslauriers during a game earlier this month.

Alouettes lead the way with 9 players named to all-star squad

CFL Quarterback Anthony Calvillo, a finalist for the CFL's outstanding player award for the second straight year, is among nine Montreal Alouettes named to the league's all-star squad yesterday.

Anthony Calvillo

Calvillo was third in passing this season with 4,539 yards but had a league-high 26 touchdown passes in leading Montreal to a 15-3 record. He finished with a 72 per cent completion average and only threw six interceptions in 550 passing attempts.

Other Alouettes named to the team include running back Avon Cobourne, guard Scott Flory, receiver Kerry Watkins, defensive end Anwar Stewart, defensive tackle Keron Williams, linebacker Chip Cox and kick-returner Larry Taylor. Damon Duval was named both the all-star kicker and punter.

Both the Calgary Stampeders and Hamilton Tiger-Cats have four players on the squad. CFL rushing leader Joffrey Reynolds, receiver Jeremaine Copeland, tackle Ben Archibald and cornerback Brandon Browner are the Stampeders' nominees. Reynolds is the West finalist for the outstanding player award.

Saskatchewan and Winnipeg both have three players on the squad. The B.C. Lions have two players on the team while the Edmonton Eskimos have just one representative. The Toronto Argonauts did not have a player named to the squad. THE CANADIAN PRESS

Pens add another player to infirmary list

INJURY The injury-thinned Pittsburgh Penguins are down another player.

Defenceman Jay McKee has an infected finger that will keep him out two to four weeks. He was hurt late in Pittsburgh's 5-2 win over Anaheim Monday, and is the fifth of the team's top six defencemen to be sidelined since late October.

The Penguins, already playing with three defencemen from AHL Wilkes-Barre/Scranton, may not have to recall another because Sergei Gonchar is expected to return tonight in Ottawa. THE ASSOCIATED PRESS

Sports in brief

RUGBY A pair of second-half tries from Araba Chintoh and Cheryl Phillips gave Canada a 14-5 victory over France in a women's rugby match yesterday, snapping an 11-year winless streak against the French.

MLB Baseball commissioner Bud Selig says he's working on tightening up the playoff schedule next season so there will be fewer off days between games. Selig confirmed the plan yesterday after owners wrapped up their first day of meetings.

NFL Miami Dolphins' leading rusher Ronnie Brown is done for the season after being placed on injured reserve yesterday because of a right foot injury suffered Sunday against Tampa Bay. METRO NEWS SERVICES

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Runner stripped of gold medal from Beijing Olympics

Fifteen months after the Beijing Olympics, Bahraini middle-distance runner Rashid Ramzi was stripped of his 1,500-metre gold medal yesterday and four other athletes were disqualified because of doping at the Games. THE ASSOCIATED PRESS

Fleury to pursue charges: Report

Theo Fleury says he wants to pursue charges against Graham James, the junior hockey coach he alleges sexually assaulted him as a teenager, but it may not be entirely up to the former NHL forward.

The New York Post reported this week that Fleury told the newspaper he will indeed file criminal charges against James.

"I've hired Hersh Wolch, who might be the best criminal attorney in North America, and he's going through the process of doing the necessary preparation," Fleury told the Post.

But Fleury's own publicity company cautions it's still early in the process.

"The legal team led by Calgary-based lawyer, Hersh Wolch, is working diligently through all the necessary steps and will advise Thereon Fleury on the situation in the weeks ahead," a statement from Fleury's publicist said.

"Whether or not Fleury will press charges or if a lawsuit will be filed is still not as simple as a yes or no answer and the decision does not lie solely on the shoulders of Fleury."

"I was not psychologically prepared to come forward then ... But I am now, and I will do whatever it takes, no matter what the repercussions might be." Theo Fleury

The statement added that there would be an announcement once an official decision has been made. In his autobiography Playing With Fire, Fleury charges that he was abused by James starting when he was a 14 year old in Winnipeg.

"I was not psychologically prepared to come forward then, I was not strong enough," Fleury told the Post. "But I am now, and I will do whatever it takes, no matter what the repercussions might be." THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

Former NHL star Theo Fleury told the New York Post that he will indeed file charges against Graham James, the junior coach he alleges sexually assaulted him as a teenager.

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Jays hike season ticket costs for some fans

BASEBALL After the Blue Jays hobbled to a 75-87 record in 2009, long-time subscriber Mark Woitzik figured the price of his season tickets — section 113, row on the right field foul line — would hold steady.

Instead, two weeks ago the club called to warn him, and Tuesday he received confirmation in the mail that the price of his seats was about to increase.

Dramatically.

Last season Woitzik, a lawyer from Whitby, paid $3,823.92 for a pair of season tickets, but the renewal notice said the same two seats would now cost $5,964.84.

That's a 56 per-cent increase, and coupled with a dismal on-field outlook for 2010 it has Woitzik ready to cancel his season tickets.

"I understand they have to cost-cut. (But) for the people who have been around through thick and thin, it's annoying. It's frustrating," said Woitzik, a season ticket holder since 2001.

The Blue Jays say they sympathize with people like Woitzik, unlucky victims of price changes the team tried to limit.

Jason Diplock, vice president of ticket sales and service, says the club rezoned six sections near the field in the left and right field corners, making them the same price as more expensive sections along the baselines.

Diplock points out that 99.2 per cent of season ticket holders will pay the same price as last year, while the price hike affects roughly two dozen season ticket holders.

TORSTAR NEWS SERVICE

Tracy, Scioscia earn manager awards

HONOURS Jim Tracy of Colorado won the NL Manager of the Year award yesterday — and earned a new contract, too — while Mike Scioscia of the Los Angeles Angels was selected for the AL honour.

Tracy became the second manager to win the award after taking over during the season, joining Jack McKeon for Florida in 2003. Less than an hour after the award was announced, the Rockies said Tracy had been rewarded with a three-year contract.

Tracy received 29 first-place votes and two seconds for 151 points in balloting. Scioscia got 15 first-place votes, 10 seconds and one third for 106 points.

Tracy was promoted from bench coach following Clint Hurdle's dismissal on May 29 and led the Rockies to a 74-42 record the rest of the way. Meanwhile, Scioscia managed the Angels to their third consecutive division title. THE ASSOCIATED PRESS

Doping investigation underway for German swimming federation
The German swimming federation is investigating a suspicious doping test result. Federation president Christa Thiel said the investigation does not necessarily mean a doping violation occurred, but that the federation began the investigation after a drug test revealed a suspicious result. THE ASSOCIATED PRESS

Too many choices for Team Canada

VANCOUVER 2010 Games

At one point or another, Mike Babcock has heard pretty much every name tossed out there.

The Team Canada coach gets asked constantly about the possibility of an unlikely player working his way into Olympic consideration and has come up with a standard response.

"What I always say is when you bring up that name, tell me who you're taking off," Babcock said recently. "Because it's great to like somebody, but they've got to (take a spot). It's just like me liking a kid — whose job on the roster are they taking?"

In Babcock's eyes, the Olympic team's final 23-man roster is likely to be comprised entirely of players who attended the summer orientation camp in Calgary.

"When you go about (looking at) it that way, it makes it difficult for people that weren't there to make the club," he said.

"In the end, just like on all teams, your management gives you the team, but anybody who's managed in the game or been around the game knows that if the coach is uncomfortable with a player, he's not going to play him." Team Canada coach Mike Babcock on his role in the player selection process

There are a number of players off to a solid start that weren't among the 46 who came to Calgary. Heading into yesterday's games, that group included seven guys currently scoring at better than a point per game pace in the NHL: Dustin Penner (23 points in 21 games), Rich Peverley (23 in 17), Steven Stamkos (21 in 18), Rene Bourque (21 in 19), James Neal (20 in 17), Brad Richards (20 in 17) and J.P. Dumont (13 in 12).

A little more than six weeks remain until executive director Steve Yzerman unveils his 23-man Olympic squad on Dec. 31.

Yzerman will work in close consultation with his management team, but Babcock also expects his opinion to be heard on player selection.

"I think I'll have lots of input," he said. "In the end, just like on all teams, your management gives you the team, but anybody who's managed in the game or been around the game knows that if the coach is uncomfortable with a player, he's not going to play him."

THE CANADIAN PRESS

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Davis to showcase new form

UFC Marcus (The Irish Hand Grenade) Davis may never get over losing to Dan (The Outlaw) Hardy. But he reckons he can get better because of it.

Since dropping a split decision to the English welterweight in a genuine grudge match at UFC 99 in June, the 36-year-old Davis has revamped his training to focus on speed rather than power. He will showcase the new approach Saturday against Ben (Killa B) Saunders at UFC 106 in Las Vegas.

While the loss to Hardy rankles, Davis has looked hard for the positives.

"I think sometimes something like what happened in my last fight needs to happen for a fighter to make some major changes and change the way maybe he looks at and approaches the way he fights in the future. And change the approach of how he's going to train in the present time," he explained. "So I've done a lot of changes and it's all been for the better."

Davis (21-6 including 8-3 in the UFC) had ditched power training in favour of focusing on movement and speed. Trainer Mark DellaGrottte and others in his camp had long counselled him to forget about one-punch power, to speed up the attack and throw more combinations.

THE CANADIAN PRESS

JOSH HEDGES/THE CANADIAN PRESS

Welterweight Marcus Davis, left, throws a kick at Dan Hardy at UFC 99 in Cologne, Germany earlier this year. Davis lost that match but credits it as a major learning experience.

Sports in brief

ATP TENNIS Top-ranked Roger Federer will play both U.S. Open champion Juan Martin del Potro and Andy Murray in the round-robin phase of the ATP World Tour Finals. Federer, who lost to Del Potro in the U.S. Open final, will also face Fernando Verdasco in Group A, according to yesterday's draw. Second-ranked Rafael Nadal was drawn into Group B with Novak Djokovic, Nikolay Davydenko and Robin Soderling.

THE ASSOCIATED PRESS

Magic supports retiring Jordan's number

Magic Johnson would go along with LeBron James' plan to have NBA players stop wearing No. 23. James said last week he would change jersey numbers next season in honour of Michael Jordan, and said no other players should wear it, either. THE ASSOCIATED PRESS

CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Poland's Kamil Kosowski, right, and Canada's Atiba Hutchinson challenge for the ball during Poland's 1-0 win over Canada yesterday in Bydgoszcz, Poland.

Poland drops Canada

Midfielder Maciej Rybus scored in the first half as Poland defeated Canada 1-0 yesterday in an international soccer friendly.

The loss was the second for the Canadian men on their two-game European tour.

"It is a very different challenge playing in Europe than in Canada," interim coach Stephen Hart said in a release. "The game here is much quicker and the playing conditions are different. We knew coming into this game that Poland was very strong at home.

"Today, we learned a lot about what is necessary for us to play at the international level."

The match, played in a 20,500-seat stadium in Bydgoszcz, was the first meeting between Canada and Poland in more than 20 years. Poland improved its record to 4-0 against Canada and has outscored the Canadians 8-2. The last time the two teams played, Canada lost 2-1 on July 15, 1988.

The game was the final match of the 2009 season for Canada. The men finished the year with a record of seven wins, three losses and a draw.

THE CANADIAN PRESS

World Cup qualifying complete, France advances on a blown call

SOCCER France qualified for its fourth consecutive World Cup when officials missed an obvious hand ball by Thierry Henry that led to William Gallas' overtime goal in a 1-1 tie against Ireland last night.

Greece, Slovenia, Portugal, Algeria, Uruguay also advanced to next year's tournament yesterday on the final day of qualifying, completing the field next year in South Africa.

The 32 nations will be drawn into eight groups on Dec. 4 in Cape Town, and the first World Cup on the African continent opens June 11.

With help from Swedish referee Martin Hansson, who failed to call the hand ball, France avoided a penalty kicks shootout at Saint-Denis, outside Paris, and won the home-and-home, total-goals playoff 2-1. The French had come away with a 1-0 victory in Dublin last Saturday.

The game appeared headed to penalty kicks when Florent Malouda sent a free kick to Henry at the post to the right of goalkeeper Shay Given in the 103rd minute. Henry got between defender Paul McShane and Given, stopped the ball with his left hand, then used his hand again and poked the ball with his outstretched right foot in front of the net.

"He almost caught it and walked into the net with it," said Robbie Keane, who had put the Irish ahead in the 33rd minute.

"I will be honest, it was a hand ball. But I'm not the ref," Henry said. "I played it. The ref allowed it. That's a question you should ask him."

THE ASSOCIATED PRESS

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SCOREBOARD

NHL

EASTERN CONFERENCE

	GP	W	L	OL	PT
d-Washington	21	13	4	4	30
d-New Jersey	19	14	5	0	28
d-Buffalo	18	12	5	1	25
Pittsburgh	21	14	7	0	28
Philadelphia	17	11	5	1	23
N.Y. Rangers	21	11	9	1	23
N.Y. Islanders	21	8	6	7	23
Tampa Bay	18	8	4	6	22

Atlanta	17	10	6	1	21
OTTAWA	**18**	**9**	**6**	**3**	**21**
Boston	20	8	8	4	20
Montreal	21	10	11	0	20
Florida	19	8	9	2	18
Toronto	19	3	11	5	11
Carolina	20	3	12	5	11

WESTERN CONFERENCE

	GP	W	L	OL	PT
d-San Jose	23	14	5	4	32
d-Colorado	21	13	5	3	29
d-Chicago	19	12	5	2	26
Los Angeles	22	13	7	2	28
Calgary	19	12	5	2	26
Columbus	19	11	6	2	24
Dallas	20	9	5	6	24
Phoenix	21	12	9	0	24

Detroit	19	10	6	3	23
Vancouver	21	11	10	0	22
Nashville	19	10	8	1	21
Edmonton	21	8	10	3	19
St. Louis	18	6	8	4	16
Minnesota	21	7	12	2	16
Anaheim	19	6	10	3	15

YESTERDAY

Dallas 3 Detroit 1
Florida 6 Buffalo 2
Phoenix 3 Minnesota 2
Colorado at Edmonton
Philadelphia at Los Angeles

TODAY

Toronto at Carolina
Boston at Atlanta
Pittsburgh at **OTTAWA**
Phoenix at St. Louis
New Jersey at Nashville
Columbus at Dallas
Chicago at Calgary
Tampa Bay at Anaheim

d - division leaders ranked 1-2-3 regardless of points.

CFL

SUNDAY
EASTERN FINAL
B.C. at Montreal

WESTERN FINAL
Calgary at Saskatchewan

SUNDAY, NOV. 29
GREY CUP
AT CALGARY
East vs. West champions

NBA

EASTERN CONFERENCE
ATLANTIC DIVISION

	W	L	PCT	GB
Boston	9	3	.750	-
Philadelphia	5	6	.455	3.5
Toronto	5	6	.455	3.5
New York	2	9	.182	6.5
New Jersey	0	12	.000	9

SOUTHEAST DIVISION

	W	L	PCT	GB
Atlanta	10	2	.833	-
Orlando	9	3	.750	1
Miami	7	4	.636	2.5
Washington	3	7	.300	6
Charlotte	3	8	.273	6.5

CENTRAL DIVISION

	W	L	PCT	GB
Cleveland	8	4	.667	-
Milwaukee	6	3	.667	.5
Chicago	6	4	.600	1
Indiana	5	4	.556	1.5
Detroit	5	6	.455	2.5

WESTERN CONFERENCE
SOUTHWEST DIVISION

	W	L	PCT	GB
Dallas	8	3	.727	-
Houston	7	5	.583	1.5
San Antonio	4	4	.500	2.5
New Orleans	4	8	.333	4.5
Memphis	3	8	.273	5

NORTHWEST DIVISION

	W	L	PCT	GB
Denver	8	3	.727	-
Portland	8	4	.667	.5
Oklahoma City	6	6	.500	2.5
Utah	4	6	.400	3.5
Minnesota	1	11	.083	7.5

PACIFIC DIVISION

	W	L	PCT	GB
Phoenix	10	2	.833	-
L.A. Lakers	8	3	.727	1.5
Sacramento	5	5	.500	4
L.A. Clippers	4	9	.308	6.5
Golden State	3	8	.273	6.5

YESTERDAY

Atlanta 105 Miami 90
Boston 109 Golden State 95
Houston 97 Minnesota 84
Memphis 106 L.A. Clippers 91
Milwaukee 99 New Jersey 85
New York 110 Indiana 103
Orlando 108 Oklahoma City 94
Philadelphia 86 Charlotte 84
Washington 108 Cleveland 91
Toronto at Utah
San Antonio at Dallas
Detroit at Portland

TODAY

Phoenix at New Orleans
Utah at San Antonio
Chicago at L.A. Lakers

NFL

AFC
EAST

	W	L	T	PCT
New England	6	3	0	.667
Miami	4	5	0	.444
N.Y. Jets	4	5	0	.444
Buffalo	3	6	0	.333

SOUTH

	W	L	T	PCT
Indianapolis	9	0	0	1.000
Jacksonville	5	4	0	.556
Houston	5	4	0	.556
Tennessee	3	6	0	.333

NORTH

	W	L	T	PCT
Cincinnati	7	2	0	.778
Pittsburgh	6	3	0	.667
Baltimore	5	4	0	.556
Cleveland	1	8	0	.111

WEST

	W	L	T	PCT
Denver	6	3	0	.667
San Diego	6	3	0	.667
Kansas City	2	7	0	.222
Oakland	2	7	0	.222

NFC
EAST

	W	L	T	PCT
Dallas	6	3	0	.667
Philadelphia	5	4	0	.556
N.Y. Giants	5	4	0	.556
Washington	3	6	0	.333

SOUTH

	W	L	T	PCT
New Orleans	9	0	0	1.000
Atlanta	5	4	0	.556
Carolina	4	5	0	.444
Tampa Bay	1	8	0	.111

NORTH

	W	L	T	PCT
Minnesota	8	1	0	.889
Green Bay	5	4	0	.556
Chicago	4	5	0	.444
Detroit	1	8	0	.111

WEST

	W	L	T	PCT
Arizona	6	3	0	.667
San Francisco	4	5	0	.444
Seattle	3	6	0	.333
St. Louis	1	8	0	.111

TODAY

Miami at Carolina

SUNDAY

Cleveland at Detroit
Atlanta at N.Y. Giants
Washington at Dallas
San Francisco at Green Bay
Indianapolis at Baltimore
Pittsburgh at Kansas City
New Orleans at Tampa Bay
Buffalo at Jacksonville
Seattle at Minnesota
Arizona at St. Louis
N.Y. Jets at New England
San Diego at Denver
Cincinnati at Oakland
Philadelphia at Chicago

MONDAY

Tennessee at Houston

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HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Gifts for the computer lover

From notebooks to photo printers, there are plenty of crowd-pleasing options

RAFAEL BRUSILOW
for Metro Canada

Let's face it, few gifts are ever as awesome as a new computer and there are so many to choose from.

Here are Metro's picks for computing goodness this holiday season:

The Dell Adamo XPS.

LG R580 Notebook
$1,299

Sleek and loaded with the right features, LG's R580 is a solid combination of performance, profile and price. Sporting Intel's Core 2 Duo processor, 4 gigabytes of system memory and a powerful Nvidia GeForce 130M GT graphics card with 1 gigabyte of dedicated video memory, this lightweight and lean laptop is surprisingly capable in the entertainment department as well as making sure your heavyweight business presentations come to life. An LED backlight provides better viewing and saves power and the 15.6-inch widescreen is the right size to maintain portability without sacrificing visual quality.

The LG R580 Notebook.

The Samsung N120 Notebook.

Toshiba's Qosmio X500.

Toshiba Qosmio X500
$2,199

With the flood of new games getting released this season, you're going to need some heavy computing power to make your headshots count and your friends jealous at LAN parties. Enter the Toshiba Qosmio, a monster of a system designed for hardcore gaming (and helping develop strong legs if you ever decide to carry it). With an 18.4-inch screen, new Intel Core i7 processor, a one-terabyte drive and Nvidia's GeForce GTS 250M graphics card with 1 gigabyte of lightning-fast DDR5 memory under the hood, this thing really cooks and its heft will probably stop a real-life bullet to boot. A built-in Blu-Ray drive and HDTV connectivity make it just as fun in downtime.

Dell Adamo XPS
$1,999

Dell's answer to the Macbook Air in both style and substance, the Adamo XPS is undoubtedly impressive. Less than a centimetre thick and encased in a sexy machined-aluminum chassis, this laptop aims for discerning users with big pockets. For comparison, this machine is about half the thickness of Apple's already paper-thin Macbook Air. With a 13.4-inch screen and weighing barely three pounds, you'll be hard-pressed to find a slimmer, tote-able computer. Cooler still, when opened the keyboard rises up for ergonomic typing and sports aluminum keycaps. Built-in wireless connectivity and Windows 7 as standard complete this very impressive offering.

Samsumg N120 Notebook
$429

Simple yet stylish, Samsung's N120 is possibly the most natural-feeling mini-laptop out there. The large, raised keyboard is very easy to type on and the clean, single-tone design is classically attractive. With all the standard system elements you'd expect from a netbook packed into the small, thin case, the N120 sets a benchmark for good design and usability in the 10-inch laptop market.

The Epson Artisan 810 All-in-one Printer includes modes for creating colour book pages. The HP Photosmart A646 Compact Photo Printer, below, lets you edit and print high-quality photos.

Putting it on paper

Despite the digital world taking command of our lives, there's no substitute for the portability and satisfying touch of paper when you want to keep something in hard copy, so here are our picks for printers this season:

Epson Artisan 810 All-in-one Printer
$299

A top-end printer with a plethora of creative modes, the Artisan offers some innovative and convenient options for printing. Unique features includes modes for creating colouring book pages and even for making personalized note paper using your own photos — now you can write memos on your favourite, hopefully tasteful, vacation photo. The printer also has a built-in Wi-Fi connection to let you print directly from any wireless source in your home including other computers or even your iPhone.

HP Photosmart A646 Compact Photo Printer
$179

Cute as a button yet still powerful and fun to use, HP's little wonder lets you edit and print high-quality photos in a small, portable package. Create custom borders, photo captions and text using the 3.45-inch touchscreen and print directly from Bluetooth devices like mobile phones for printing on the go.

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Holiday Shopping Guide

Kids' toys go battery-powered

ANDREA WOO
for Metro Canada

If you're looking for the perfect presents for young children this holiday season, bypass the stuffed toys and clothing and seek out the battery-powered gizmos.

According to reports from toy industry leaders, many of the hottest toys this season move to some degree.

Reidin Goode, senior marketing manager for Girls at Mattel Canada Inc., says that while tech toys have been popular among "tweens" for a few years, this year they're reaching an even younger demographic.

"What we're seeing this year is that a lot of the tech toys are trending downward in age," she said. "Previously you might have seen tech toys for the nine- to 12-year-old target group, whereas now we're seeing a lot of tech innovation in some of the toys targeted at younger kids."

An example for boys is the **Tyco R/C Stunt Psycho**, a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces, including grass, sand and pavement. For girls, there's the **Little Mommy Baby Achoo doll**, which can speak, sneeze and blow its nose.

The Little Mommy Baby Achoo doll by Mattel can speak, sneeze and blow her nose.

Disney FamilyFun magazine has released a list of the year's best toys, as determined by test families across the U.S., annually for the past 18 years. Topping this year's list is **Invasion of the Bristlebots** by Klutz, which enables kids to turn old toothbrush heads into motorized, cockroach-like robots that can race and navigate mazes.

Executive editor Mary Giles notes that there is also an increasing interest in "active," kid-powered toys, such as the **RipRider 360**, a reinvention of the classic three-wheeler, now updated with dual-inclined casters to allow for resistance-free drifting and spinning. Another is **Melissa & Doug Sandwich Stacking Games**, which requires kids to run and jump around while creating giant sandwiches with large, bread-shaped gloves and sandwich-filling layers.

The Tyco R/C Stunt Psycho is a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces.

"We continued to see an emphasis on active toys, as more and more parents are making sure their kids get plenty of physical activity," she said.

Both Goode and Giles agree that the economic downturn has not had a significant effect on the year's top toys, as they usually consist of a broad range of prices.

"Our cheapest Top 10 toy came in at just $3, the Hot Wheels Color Shifters," said Giles. "But then we also do have some that are still over $100, sort of the big-ticket, special toys that we're hearing people are still interested in getting for their kids."

Store shelves stay empty as retailers fear overstocking

TOYS Robotic toy hamsters, the latest Barbie dolls and stylish boots are disappearing from store shelves as holiday shoppers start to get serious. But don't confuse this with the days of **Tickle Me Elmo**.

Instead of a throwback to great buying binges of the past, the empty shelves are just another sign of bad times.

The shortages come from stores that are terrified of ordering too much and are keeping their inventories thin.

"I guess if you see it, you should get it," said Martha Frey, who was surprised when she couldn't find a specific style of boots in a popular size for her 17-year-old daughter recently at a Top Shop in Manhattan's SoHo district.

Shoppers are spending a little more these days, but they aren't going on buying sprees. Stores, remembering how Americans snapped their wallets shut last holiday season, didn't order big piles of merchandise in the first place.

Barbie Fashionista can twist her hips and strike poses.

The result is that popular toys are already hard to find even though there are still seven weeks to go before Christmas,.

In fact, the holiday season's early hit — the **Zhu Zhu Pets** hamster, an interactive mechanical rodent by Cepia Inc. that sells for $9.99 and is being compared to Furby a decade ago — is almost impossible to nab.

Other toys that are already becoming hard to find include Mattel's Mindflex, which measures brain activity through a helmet, a Nerf dart thrower called **Nerf N Strike** from Hasbro Inc. and **Barbie Fashionista**, who can twist her hips and strike other poses.

"Stores just under-ordered across the board," said Jim Silver, an analyst at Timetoplaymag.com, who predicted shortages of the top 100 toys by early December. In a typical year, only the top 15 are in short supply that early. In recent weeks toy makers have dispatched executives to China to make sure they get enough products to keep shelves full, Silver said. But production times can be long, and chances look slim that people who put off buying a coveted toy until Thanksgiving will be able to get one by Christmas. The barren shelves are in stark contrast to last year, when stores ordered too much and had to slap big discounts on merchandise as soon as it hit the floor. Holiday sales posted their biggest decline in at least three decades, and the results cascaded into poor profits and even the closing of prominent stores like Circuit City.

The Zhu Zhu Pets hamster has been an early Christmas season favourite as they continue to fly off the shelves.

Stores would rather be out of stock than stuck with lots of leftovers. But they also know that merchants who carry goods shoppers want will have an edge.

"No one wants to leave money on the table," said John Long, a retail strategist at Kurt Salmon Associates.

THE ASSOCIATED PRESS

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Diamonds are a girl's best friend
This Quo Ladies Diamond Manicure Set, $25, makes a great stocking stuffer. The six-piece set is hidden inside a jeweled, silver-grey clutch. Available at Shoppers Drug Mart, shoppersdrugmart.ca. METRO NEWS SERVICES

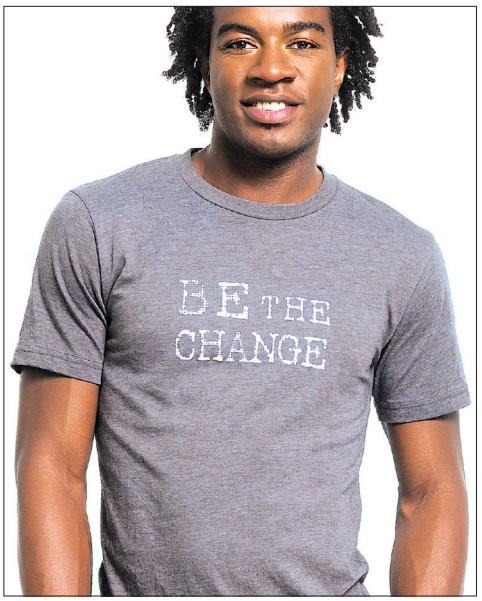
Responsible gift-giving

LINA TOYODA
for Metro Canada

The holiday season is approaching and in the spirit of giving, perhaps we will think about how our shopping and spending affect the lives of other people around the world.

This year, how about considering a gift with free-trade awareness and social responsibility, or charitable donations for friends and family?

There are many organizations that mobilize initiatives to better the situations of people locally and globally, and the holidays are a great time to pitch in on the effort.



Buy a goat in a developing country for a friend through Ten Thousand Villages, left, or buy this Me to We Be The Change T-shirt, which is $34.50 at metowestyle.com.

Payless Gives Shoes 4 Kids

This holiday season, Payless ShoeSource is planning to distribute 4,000 pairs of shoes to children of Canadian families in need through their Payless Gives Shoes 4 Kids program.

The retailer is calling on local charities as partners in a grassroots effort to distribute the coupons for free shoes to local children across Canada.

"Especially in the economic crisis, those in need are hit the hardest, said Payless spokesperson Mardi Larson. "This year, the economic crisis is still rippling globally and the need is international."

Shoes are a necessity and having launched the program in the U.S. last year, Mardi said the focus this year was to go international with the shoe-giving program.

"Many times, these are the first pair of new shoes for these children. And what's great is that they can go into a Payless store and pick out their own pair of shoes to reflect their own personal style. It's such a confidence booster."

Ten Thousand Villages

Ten Thousand Villages is a non-profit organization that creates a marketplace for artisans in developing countries to provide a sustainable living for them.

Villages practices fair-trade principles that allow artisans to support their families to provide the essentials like sending their children to school and having a safe place to live.

"We work with people who have very few options or opportunities. Sometimes we work with women or groups in very rural areas where there are absolutely no other employment opportunities for them. So it's basically providing a market for them," said Bev Hiebert, the director of sales of Ten Thousand Villages.

With 50 stores across Canada and more than 100 festival sales, Villages works with more than 2,000 volunteers.

"We work with about 130 different groups in 36 different countries so customers will see a variety of product, everything from Christmas decorations to textiles to even furniture," Hiebert said.

On Nov. 28, Villages will launch a project-based holiday program where you can buy a goat for a friend or even a farm on behalf of your company.

Go to tenthousandvillages.ca for the online shop, local stores and complete details.

Free the Children

Free The Children is a children's charity and the world's largest network of children helping children through education. In fact, 65 per cent of their annual donations come from children's fundraising initiatives, says Craig Kielburger, founder of Free The Children.

"We provide youth with leadership training, global citizenship curriculum in schools and opportunities to assist their local and global community."

"Right now, our network of over one million young people extends across 45 countries," Kielburger says.

"With the help of these enthusiastic young leaders, we have been able to build over 500 schools in Africa, Asia and South America providing daily education to over 50,000 students."

Me to We

Working together with the Free the Children charity is Me to We, a new kind of social enterprise for people who are conscious of their daily choices and want to help change the world through socially responsible lifestyle choices.

Fifty per cent of Me to We's net profits goes to support Free The Children while the other half is reinvested back into the enterprise to ensure its sustainability.

Me to We sells products like a "Be The Change" organic T-shirt for example, that positively speaks their message and makes for a gift that's made in Canada.

"Every volunteer trip, organic T-shirt, song, book, speech and choice adds up," Kielburger says.

Free The Children has many holiday gift options at freethechildren.com.

There are also many socially conscious gift ideas through Me to We at metowe.com.

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Holiday Shopping Guide

A little luxury can go a long way

Savvy shoppers will be buying better — but fewer — presents this year

ANDREA WOO
for Metro Canada

Despite economic uncertainty, buying a luxury item for a loved one may still be the best investment this holiday season.

Jennifer Silk, a Vancouver-based stylist and personal shopper, says tough economic times may actually be more of a reason to purchase classic items that will last longer.

"You could blow money on 10 items and you won't use them in two months, whereas you blow the same amount of money on one item and ... people will be able to use that item 10 years down the road," she said.

Lisa Freeman, editor-in-chief of Consumer Reports' New York-based ShopSmart magazine, agrees.

"When you get something a little more luxurious ... the memory of who purchased it stays with you longer."
Neil Hamilton

"You can't just think about the one-time expense," she said. "Let's say (you want) a basic black dress, and you're deciding whether to go to Walmart or really spend some money at a nicer store. If you amortize the cost over all of those wearings, it's obviously going to be better if you invest in some good-quality thing that's not going to fall apart, and stand the test of time in terms of style.

"If you don't have as much money to spend ... it really does pay to buy better stuff, but less of it."

Freeman added, however, that luxury items do not necessarily have to be expensive. Warehouse retail chains such as Costco regularly sell designer items for less, as do web sites such as overstock.com and outnet.com.

"If you decide you don't want to buy online, it's still a great research tool to get an idea of what's out there and what the prices are," she said.

"Use the prices you find online as negotiating tools. Go to the local jewelry stores ... and say, 'I saw something comparable online. Can you match that price?'"

Silk says some of the most requested gifts among women are clothing and jewelry — items best bought keeping in mind classic styles and neutral colours. For men, she recommends suits, trench coats and briefcases.

A Coach bag may be an expensive gift, but it will last a long time — and the recipient will love it.

Mina Almai, a 25-year-old Vancouverite, says a Coach handbag is the best gift she's ever received because it is "classy and timeless."

"It's definitely quality over quantity," she said. "Not to mention timeless pieces are always in style."

Neil Hamilton, a 28-year-old Torontonian, says his most prized gift was a high-end stereo system that got almost a decade's worth of use. "When you get something a little more luxurious, you get the extended use and the memory of who purchased it stays with you longer," he said.

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Prep for holiday parties by catching up on news

SOCIAL SURVIVAL Some Canadians are doing more than pulling together an outfit or purchasing a host gift to prep for a holiday party — they're also boning up on their current events, a new survey suggests.

An MSN Canada survey of more than 1,000 people conducted by Harris-Decima finds 20 per cent of respondents admit to doing some research on current affairs or other topics to be ready for casual conversation at a holiday party.

Men are more likely than women to study up prior to a big event, with 22 per cent saying they do so prior to a holiday party.

Conversation expert Debra Fine says individuals "should be prepared to play the conversation game" when walking into a party. Part of that entails having two or three things to talk about in the event a conversation runs dry.

Most Canadians searching for the latest news or buzzworthy fodder are letting their fingers do the walking, the survey suggests. The findings show that 67 per cent of respondents are using online sources to access information. But it's not just that people pride themselves on being knowledgeable about what's going on around the globe — they also look with approval on others who are aware, the survey suggests.

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Silver belles

Finished with a leather tassel, this **Riviera Necklace, $44,** features an adjustable bead that slides up and down the multiple chains. Also available in gold from Foxy Originals (foxyoriginals.com).

This **silver clutch by Jessica** retails for $29.99 at Sears (sears.ca).

MICHAEL Michael Kors multi-colour wool/cashmere knit gloves, $88 each. For availability, call 1-866-733-KORS.

Swarovski HYBRID Long Necklace, $250. For more, go to swarovski.com.

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This **Silk Rosette Scarf, $74,** is available at Banana Republic (bananarepublic.ca).

This **TIMEX Women's Crystal Collection watch, $120,** features genuine Swarovski crystals. For more information, visit timex.ca.

American Eagle by Payless **Glimmer Glitter flat**, top, and American Eagle by Payless **Eve Ruffle flat**, both $37.99.Available in select Payless stores across Canada. Go to canada.payless.com or call 1-877-474-6379 for more.

Swarovski HYBRID Ring, $140. For more, go to swarovski.com.

This **Nuit Blanche Trendzone Necklace, $25,** is available at Sears (sears.ca).

This Italian leather handbag, $149.99, is available at Winners. For store hours and locations, call 1-877-WINN-877 or visit winners.ca.

This **PURE Alfred Sung bracelet** was designed by Canadian fashion icon Alfred Sung exclusively for Zellers. Prices for PURE Alfred Sung accessories range from $7.97 to $19.97. For more, go to zellers.ca.

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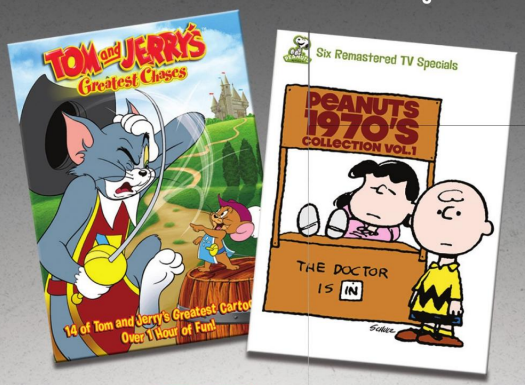

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Holiday Shopping Guide

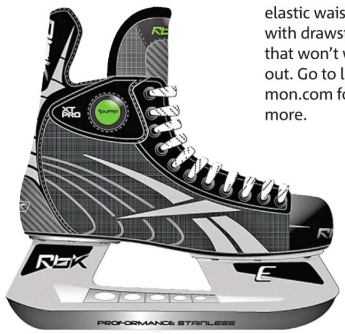
Game on!

This **Bauer Supreme One 75 Goalstick, $129.99,** is available at at Canadian Tire (canadiantire.ca).

Show your Canadian pride with this Vancouver 2010 **unisex weave beanie**. For more details or to order online, go to elevatesport.ca

This **Fila AT Corsa Shell Hoodie for men, $80,** has a full zip reversible jacket with hood and two hand pockets. For retailers, call 1-800-668-5480.

This **Game On Pant, $78,** by Lululemon has a soft elastic waistband with drawstring that won't wash out. Go to lululemon.com for more.



These **Reebok Pump Skates, from $299.99,** feature quick drying-double density microfibre liner. Available at Canadian Tire (canadiantire.ca).

A portion of the sales of **Otter-bottle stainless steel water bottles,** which range in price from $15.99-$21.99, to towards supporting the David Suzuki Foundation. For more, go to otterbottle.ca.

This **Winnwell Tower Bag, $99.99,** features an enzyme that kills the nasty odours associated with a well-used bag of hockey equipment. Available at Canadian Tire (canadiantire.ca).

For your Secret Santa
This Best Wishes gift set, $19.95, includes a Satsumo Santa. Available at Lush, lush.ca or 1-866-644-5874. METRO NEWS SERVICES

DIY presents 'unique'

LINA TOYODA
for Metro Canada

With the economic downturn cinching financial belts, this holiday season is a good time to adopt a DIY ethic and consider some gifting alternatives.

Not to fret if you're a novice crafter or even a beginner, because there are ideas for all skill levels. All you need is an afternoon and a little creative determination. Here are some tips from an expert crafter, Austen Gilliland, senior craft editor of Canadian Living magazine:

With food gifts, you can put in an afternoon of effort and can get a dozen gifts out of it, says expert crafter Austen Gilliland.

Food gifts

"I think food gifts are a really good idea because you can put in an afternoon worth of effort but you can get a dozen gifts out of it. Something like a cookie mix or a jam or a jelly or something like spiced nuts."

Without spending too much money, you can get big volumes out of food gifts. Like a typical batch of jam, you'll get anywhere between six to 18 jars, she says. And also, "you know that they're going to use it or they'll be able to re-gift it," she jokes.

Presentation

There are simple ways to make a gift look great. And you don't really need a lot of special material to do a nice job with wrapping, Gilliland says. "Even if you pick up brown paper bags — that you would use for a lunch bag — you can get 50 of those for under $3 at the grocery store. And then if you go to the fabric store, you can usually find a nice ribbon and you can get metres of that for $2 or $3."

Small details can add a nice touch without costing much. When Gilliland is making gifts, she says she will often choose one idea and make variations on that idea for a half dozen people. "Once you do the first one, you know what you're doing and you can get into a rhythm and get a mini-production line going. You really want to maximize your time and resources, and that's one way to do it."

Monograms

You can take a nice notebook — a moleskin notebook for example — and make a cover. Everyone's notebook cover is basically the same but it will have their initials on it, says Gilliland. And monograms are a great way to do that.

"On the Internet, you can find instructions on everything. You can learn how to screen print, monogram something — you can learn how to paint china. You can download fonts and get a cool font for the letters," she says.

So a great go-to idea is to monogram something, whether it's a pillowcase or a coffee mug.

Themed calendar

If you're a photographer, it doesn't take a long time to put a calendar together. Pick a fun theme, like "Year of weird stuff," says Gilliland. Many computer programs will have a basic template that you can use to personalize it however way you want. Run it down to your local print shop and they'll put it together for you, she says.

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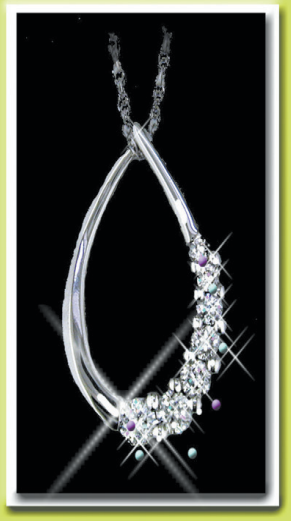
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RateSupermarket.ca Canada's rate comparison website

Metro Homes

Plaid props

Snuggle down on the sofa with a pile of plaid Soho pillows to prop you up. Home Outfitters, $19.99 each, homeoutfitters.com.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Terrific **tartan, pleasantly plaid**

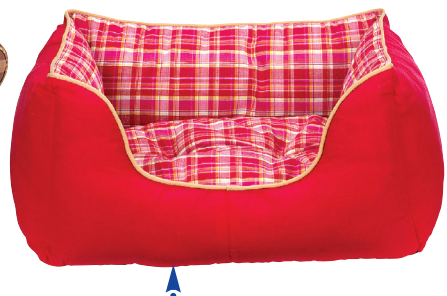
EMMA YARDLEY
for Metro Canada

As the leaves fall from the trees and the temperature drops, plaids and tartans start to appear in shop windows. Those horizontal and vertical bands of colour aren't limited to winter scarves and pajamas though. They've earned their stripes in home decor, as well.

"Plaids evoke traditional decorating, (they're) much more adaptable to fall and winter colours," Karl Lohnes, home expert for Canada AM. "Plaids need dedication; they need to be the main focus in a room either wallpaper, large scale fabric on drapes or a large sofa. One big element of plaid is enough."

To give a room a more masculine feel, pair richly coloured plaids with leather, suede and other heavy fabrics. There are lots of options out there, from picture frames to dressers, but make sure to avoid pastel plaids.

A tartan-upholstered couch can be the standalone piece in a living room. Home Furniture, $1,299, homefurniturecanada.com.



Present your pup with his own plush plaid pad. Bow Wow Rectangle Reversible Cuddler, $9.99, Canadian Tire, canadiantire.ca.

Peel them, paste them, and scrub them. Besides being easy to apply and even easier to maintain, these solid vinyl tartan wallpapers bring texture and dark rich colours into a room. The Home Depot, 56 square feet per roll, $39.98, homedepot.ca.

Bed sheets are a great way to experiment with plaid in a bedroom without having to commitment to something more permanent. Lodge 250 Thread Count Plaid Cotton Percale Sheet Sets, $39.97, Walmart, walmart.ca.

RECOMMENDED BY METRO READERS

Top 5 Hairdressers

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- ***Andrew Inniss***
  "He makes my hair look great!"

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How to select your home inspector

ELIAS METLEJ
for Metro Canada

GET THE RIGHT ONE A home inspector was recently ordered to pay nearly $200,000 in compensation to a Vancouver couple. This followed a B.C. Supreme Court ruling that the inspector had provided a faulty report to his customers.

The negligent inspector failed to conduct a proper inspection of the entire home and did not advise the purchasers to hire a structural engineer before they bought their house. Ultimately, the total cost of repairing the property was $212,000 as opposed to the $20,000 estimated by the inspector.

Considering that an inspector's opinion is relied upon, select a professional who provides a detailed written report as opposed to a checklist of items investigated.

Ideally, the report will consist of specific comments rather than a general overview that could apply to any property.

While thorough reports typically include a list of items that require regular maintenance, a detailed description of major defects and significant repairs is the most important element.

The case from B.C. demonstrated the importance of also having a qualified estimate of any replacement or repair costs.

Hiring an inspector who is a member of a nationally recognized association is strongly recommended. The Canadian Association of Home and Property Inspectors has established Standards of Practice, as well as a Code of Ethics for its members.

Selecting a property inspector is an important part of the home buying process. Ultimately, consumers should not be persuaded by price. Saving $100 on a cheap inspection should not be a priority when investing hundreds of thousands of dollars.

"Hiring (a home) inspector who is a member of a nationally recognized association is strongly recommended."

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BROSE expands collection
Though cocktail dresses remain at the heart of the collection, fashion label BROSE has announced its 2010 line has now expanded into cocktail separates, including jackets, pants, skirts and tops. METRO NEWS SERVICES

Style

Designers vie for lucrative price

The Toronto Fashion Incubator is inviting emerging Canadian designers to create looks fit for a doll — all part of a shot at taking home a lucrative prize package. The non-profit organization is holding its annual TFI New Labels contest, which has helped launch the careers of Canadian top designers like David Dixon and NADA (headed by Nada Shepherd, pictured left). The fashion design competition is open to professional women's wear apparel designers who have been in business for three years or less. Submissions are due Nov. 24. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A sign of good breeding

A camel-coloured coat can help spice up a cool-weather wardrobe

A camel-coloured coat may sound bland, but it could be just the thing to spice up a cool-weather wardrobe.

While a camel coat makes a classic chic statement, the style is malleable enough to be either a trendy boyfriend jacket or traditional trench. Its place in fashion history, on the backs of Katharine Hepburn and Grace Kelly, and Ali McGraw and Kate Moss, give it a solid pedigree, and the colour — a range of shades between tobacco and fawn — has a richness to it that, quite frankly, makes you look rich.

"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds. ... A camel coat evokes throwaway glamour," says Michael Kors, who for many seasons has used camel as a core of his fall collections.

You can wear camel with any colour in your wardrobe, including black, which makes a camel coat a good investment piece, but one that you don't have to spend a fortune on, says Stephanie Solomon, fashion director of Bloomingdale's. She says she owns three styles — a zip-front, a peacoat and belted version — and she's had each for at least 20 years. They come out of the closet every time she wears the black pants, black shirt, black heels combo.

Kors suggests pairing camel with white or bold brights like red or orange; stylist Mary Alice Stephenson recommends it with one of the season's other trends, a neon colour like hot pink or electric blue. Macy's vice-president of ready-to-wear fashion, Nicole Fischelis, says the contrast colour doesn't really matter because what most complements a camel coat are brown leather accessories — the belt, the boot, the bag. She likes a little animal print thrown into the mix, too.

"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds."
Michael Kors, fashion designer

Camel coats aren't always camel-hair coats, but that's the garment that really made its mark in the middle of the 20th century as a sign of sophisticated taste. Camel hair is from the soft undercoat of the camel, with a similar feeling — and similar cache — to cashmere and alpaca, explains Marlene Middlemiss, fashion design instructor at the Fashion Institute of Technology. Over time, some manufacturers started mixing camel hair with wool as a cost-cutting measure.

"Camel works in everything from dyed wool to cashmere or camel hair. It looks best in fabrics with texture and what fabric you choose depends on your wallet, climate and the shape of your garment," says Kors. THE ASSOCIATED PRESS

Crop, belted coat, Old Navy, $89.50.

Thinsulate lined herringbone coat in Palomino, Talbots, $299.

Leather coat for men, Banana Republic, $610.

A Michael Kors camel-coloured coat shown at New York Fashion Week (February 2009).

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BIG BLING Crystal-bead drop earrings, Aldo Accessories ($25, aldoshoes.com)

CODE RED Sleeveless silk top, Jacob ($48, jacob.ca)

STUDIO ANDRÉ DOYON

GILT TRIP Metallic-leather platform slingbacks, Spring ($50, myspringshoes.com)

SLIM SHADY Polyester and rayon skirt, RW&CO. ($65, rw-co.com)

C'EST BOW Satin handbag, Soaked in Luxury ($50, 1-800-463-8127)

ASYMMETRICAL DRAPING Polyester dress, Vero Moda ($65, 1-866-338-4392)

Editors' Pick
PARTY PLANNER

Top stylists on how to get great hair for soirée season.

•Invest in a versatile heat-styling tool, says Andy Bodine, artistic ambassador of ghd, who recommends buying a flat iron that can create both curls and sleek hair. •Schedule a trim. If you have a great cut, your hair will be easier to style, says John Steinberg, a Toronto-based hairstylist. •Have a post-work event? Book a blowout for the morning, then pull it into a loose bun, says Robert Vetica, an L.A.-based hairstylist. Then undo the bun, brush hair out, and spritz with hairspray.

SNOW QUEEN

American snowboarder babe Gretchen Bleiler has teamed up with Oakley once again to create a line of outerwear. Bleiler is branded as the Gwen Stefani of the snowboarding world for her sartorial style on and off the slopes, and her collection includes goggles and apparel made from recyclable fabric. fierce on the half-pipe.

Mane Jacket in Worn Olive ($400, Oakley)

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Boots for curvy calves

JANINE FALCON
For Metro Canada

For women with curvy legs, this time of year usually means footwear frustration.

"I can never find tall boots to fit my calves," says Heather Watterworth, a public relations rep for cosmetics company Mary Kay. "They're always too tight."

Sure, Watterworth and others like her could go for below-the-calf heights, or uninspired shiny stretch vinyl, but in this season of knee-high chic, those options just don't measure up.

Happily, according to Town Shoes PR director Crissi Giamos, "This is a fabulous season for fitting different calf widths."

Knee-highs with generous stretch panels are certainly more and more common, and lace-ups — as long as they lace-up for real — offer adjustable comfort (Rockport, Timberland and Cole Haan all have handsome lace-up styles this season).

Giamos also recommends giving the popular slouchy boot a try, the type that allows the wearer to pull the boot leg up or push it down. They tend to have a roomier fit; some also have stretch, she says.

In terms of brands, Giamos points to David Dixon, Kate and Mel, and the Town Shoes private label.

In fact, an encouraging number of companies now make boots with curvy-calf appeal. Ron White carries an impressive variety of suitables by Cole Haan, La Canadienne, Mephisto, Stuart Weitzman and Frye, as well as the Ron White signature line (Ron-White.ca ships across Canada and internationally).

Ecco boutiques may also yield a find; the brand prides itself on its forgiving cut that fits a range of calf sizes. And for the online-savvy, US-based WideWidths.com offers wide, extra-wide and super-wide calf sizes from companies such as Blondo and Naturalizer.

A good shoe-repair shop may also be able to supply a better fit, either by stretching the boot shaft or putting in an insert.

They're not always easy to find, but the best ones are usually known to local shoe-store staff.

Left: Timberland Charles Street Tall Lexiss Waterproof boot, $200.

Below: Ecco Hancock Boot, $275.

Right: Lacoste Tobie slouch boot, $275.

Jess rooting for Ashlee
Jessica Simpson is excited to see sister Ashlee playing Roxie Hart in Chicago on Broadway. "I can't wait to watch @ashsimpsonwentz on broadway in all of her glory!!!" Jessica Twittered. "I get chillbumps from toes to noggin thinking about it!!! YAY!!!!!" USMAGAZINE.COM

Entertainment

Depp sexiest
People magazine has selected their new Sexiest Man Alive, and the honour goes to Johnny Depp. Depp is only the third man to earn the title twice, after Brad Pitt and George Clooney. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

A Noble for mad scientist on Fringe

TV Dr. Walter Bishop follows in a long line of mad scientists. An unbalanced genius like Bishop going at it in his lab is a pop-culture staple. Or even, some would say, a cliche.

But in the able hands of John Noble, who stars on Fox's sci-fi thriller Fringe, Bishop comes to life. He is both comical and tragic, nutty as a fruitcake yet totally relatable. This is a living, breathing portrayal.

John Noble

Bishop is a scientist of Einsteinian proportions who for decades was deemed insane and, until Fringe started last fall, institutionalized.

Then his long-estranged son, Peter (played by Joshua Jackson), reluctantly agreed to provide the supervision Dad required to re-enter society.

"(The Fringe role) enables me to use a range of skills developed over so many years, and grow a character over a long period of time."
John Noble

Rounding out the show's odd threesome is FBI Agent Olivia Dunham (Anna Torv). She needed Bishop and his filial caretaker to help her track down perpetrators of "fringe science" (way-out stuff like mind control, teleportation, astral projection and genetic engineering) who threaten national security and, possibly, the human race.

For Bishop's character to work, you have to buy into everything he says, no matter how unhinged; feel for the guy, no matter how inappropriate his behaviour; care about him, even when he acts ridiculous.

Noble makes it work.

"I understand Walter," Noble explains. "I can understand his childish enthusiasm quite well. I understand his loneliness, and his attempts to re-establish contact with his son."

The Australian-born, 61-year-old Noble is a theatre veteran who for a decade was artistic director of the Stage Company of South Australia.

Now, he calls his Fringe role "a huge gift. It enables me to use a range of skills developed over so many years, and grow a character over a long period of time."

THE ASSOCIATED PRESS

Stop motion thriving

Human touch behind genre's success, expert says

PHIL BROWN
Metro World News

In an age when animation is dominated by digital CGI (most notably the work of Pixar), one form of analog animation seems to be gaining momentum. Traditional hand-drawn animation is practically dead, but stop motion continues to thrive.

Over the next week, two stop-motion features are hitting screens: The independent claymation feature Mary And Max, as well as Wes Anderson's big budget Roald Dahl adaptation The Fantastic Mr. Fox. Something about this meticulous handmade animation continues to resonate with audiences even though it should be outdated.

"For audiences, stop motion has an inherent charm that simply cannot be replicated in drawn or CG animation," says professor Christopher Walsh. "This charm largely comes from the physical aspect of the medium. In stop motion it's a real puppet on a real set moving through real space."

Walsh should know, considering that he is one of the instructors in the renowned Animation Program at Sheridan College (the only institution in Canada with a comprehensive stop-animation program).

"Human hands make the whole world that appears on screen and that human connection, in an increasingly digitally polished age is reassuring to an audience," claims Walsh.

Above, the claymation feature Mary and Max opens next week; Stop-motion classic Wallace and Gromit has won several Oscars.

This audience connection is very real and as a result the production of stop-motion animated films is greater today than ever before. With this in mind, we would like to take a look back at some of the finest works of stop motion ever produced.

THE NIGHTMARE BEFORE CHRISTMAS

Director Henry Selick transformed the traditionally jerky stop-motion medium to a slick Hollywood production with stunning results. The first ever feature length stop-motion animated film made in Hollywood didn't take the box office by storm on initial release, but has gone on to become a contemporary classic that played a major role in the resurgence of the format.

WALLACE AND GROMIT

British animator Nick Park's clay man and dog duo have been subjects of four short movies and one feature that have won countless awards (including several Oscars). The characters are incredibly expressive in a manner rarely achieved in any form of animation, while still retaining a charmingly handmade quality.

THE RANKIN/BASS CHRISTMAS SPECIALS

Possibly the most beloved works of stop motion ever produced, these classic adaptations of Christmas stories like Rudolf The Red-nosed Reindeer and The Little Drummer Boy have become annual holiday favourites that have introduced generations of children to the wonders of stop-motion.

m.metronews.ca

Scan this barcode to see more stills from the films mentioned here on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Michael Hall accused of attacking ex

Anthony Michael Hall has been ordered to stay away from his ex-girlfriend after he allegedly attacked her in her New York home. Diana Falzone filed papers against the actor last Tuesday. **FEMALEFIRST.CO.UK**

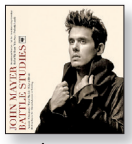
Mayer too sweet for Battle

AlbumReviews

music@metronews.ca

John Mayer

Album: Battle Studies
Label: Columbia/Sony
Rating: ●●½



JOHN MAYER IS ONE of the rare real talents to come out of the last ten years of American pop music. And he's got some of the best players in the business backing him up with Steve Jordan on drums, Who sideman Pino Palladino on bass, ex-Faces legend Ian McLagan on keyboards and session wizard Waddy Wachtel adding acoustic guitar. So why does Mayer insist on pushing these oh-so-safe, warm-and-cuddly songs at us? Yes, the duet with Taylor Swift is nice. But he didn't have to serve up an entire album of niceness. Even when he tries to prove his guitar rock credentials on Robert Johnson's Crossroads, Mayer wimps out with an oddly smooth version of the blues classic. Mayer needs to find a balance between his self-absorbed live recordings and this overly sweet studio stuff.

Graham Rockingham/ for Metro Canada

Norah Jones

Album: The Fall
Label: EMI
Rating: ●●●

A "FALL" FROM GRACE? Certainly not as far as her fans are concerned. Norah Jones' fourth album continues on the rootsy down-tempo path of its predecessors, her sometimes sultry, sometimes charming voice a perfect companion to an evening by the fire place or a wine-fueled dinner. The "fall" in the album title is probably more a fall from innocence, with many of the self-penned tunes stinging with the melancholy of breakup. Jones does, however, show she's capable of being an outlaw rocker ala Steve Nicks on tracks like Young Blood and It's Gonna Be. Also worthy of note are two co-writes, one with Ryan Adams (Light as a Feather) and the other with Okkervil River's Will Sheff (Stuck).

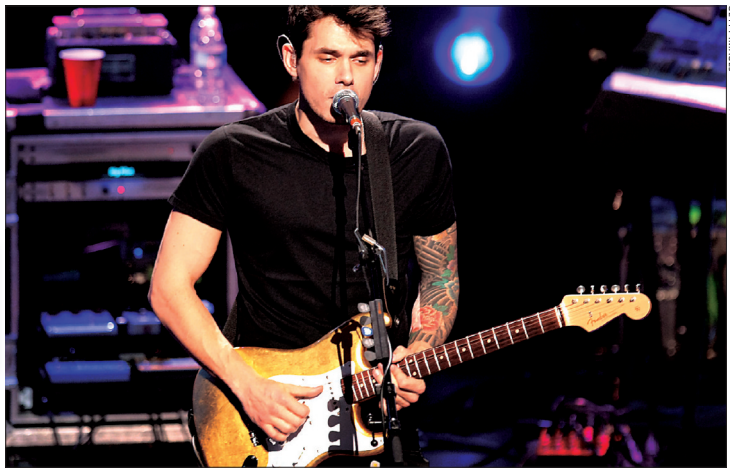
Graham Rockingham/ for Metro Canada

Leona Lewis

Album: Echo
Label: RCA/Sony
Rating: ●●½

AS FAR AS SINGING competition winners go, Leona Lewis' popularity is on par with Kelly Clarkson and Carrie Underwood. The X Factor champ's debut disc was a massive hit and her second record will sell a lot too. But while she has a stellar voice, her music is boring. She doesn't have Clarkson's rock edge, or Underwood's country charm — she's an R&B pop singer just like Maria Carey. Epic choruses and overwrought versus litter the record — a little more of her own personality would do this record good.

Bryan Borzykowski/for Metro Canada



GETTY IMAGES

John Mayer serves up some smooth rock in Battle Studies.

Them Crooked Vultures

Album: Them Crooked Vultures
Label: Universal
Rating: ●●●●

DAVID GROHL, JOSH HOMME and John Paul Jones must have been listening to a stack of old Cream records when they decided to put together their own supergroup. The comparisons between Cream and Them Crooked Vultures are too tantalizing to ignore. We've got three giants of their genres — Grohl, frontman of the Foo Fighters and and drummer of Nirvana, Homme, guitarist and singer for Queens of the Stone Age; and Jones, bassist and keyboard player for Led Zeppelin — coming together to form a power trio. Dreamy high-pitched vocals ala Jack Bruce, distorted guitar riffs ala Eric Clapton and crazed discordant drumming ala Ginger Baker. Tracks like Scumbag Blues, Bandolier and Elephant could easily have fit onto Disraeli Gears. But who could ever fault three master musicians putting aside egos, to come up with what they used to call, back in the day, a very "heavy" record. Thank goodness, there's no 16-minute drum solos.

Graham Rockingham/for Metro Canada

Kris Allen

Album: Kris Allen
Label: Jive/Sony
Rating: ●●½

IF YOU THOUGHT Kris Allen's record would be the first American Idol winner debut to be good, you're out of luck. The spikey-haired boy-next-door, churns out a lot of nauseating faux-rock on his first disc. Like most Idol albums it's completely devoid of the singer's personality — listen to The Truth and you'll see what I mean. Much of the disc is cliché post-reality TV pop. There are some rockers — like Before We Come Undone — but there's too much Rob Thomas-like sap to make this work.

Bryan Borzykowski/for Metro Canada

Paul McCartney

Album: Good Evening New York
Label: Hear/Universal
Rating: ●●●

DOES THE WORLD really need more recorded renditions of Beatles songs? That's up for debate, but it helps that the guy playing the band's old hits is Paul McCartney. This is yet another live album from Macca that's filled with Beatles tunes, Wings tracks and solo material. The double disc features everything from Drive My Car and Jet to lesser known tracks such as Highway. While there's nothing here you haven't heard before, his voice is still top notch and the recording quality is fantastic. Worth a listen.

Bryan Borzykowski/for Metro Canada

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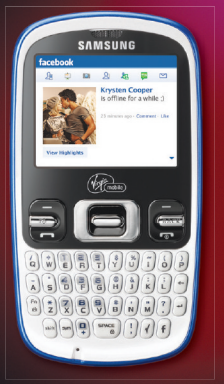

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Jones debuts new sound in The Fall

Norah Jones

TALIA SOGHOMONIAN
Metro World News

The 30-year-old singer from Brooklyn took the music world by storm back in 2002 with Come Away With Me. Her new album, The Fall, confirms her talent and desire to move on. Metro World News recently had the opportunity to catch up with the singer and ask her about her sound and the new album.

Q Your sound is distinctly yours, just a bit more experimental...

A It was just time. Sometimes you just feel like you have to do something different..

Q You worked with producer Jacquire King. What did he bring to the album?

A I had a lot of different ideas I wanted to try, but I didn't really know how to try them on my own. Once we talked, we just totally clicked and he really understood what I was talking about.

Q You mentioned having done a lot of demos. Did you get some old ideas and rework them?

A Yeah, I like doing that. Even if I have an old idea, even if I know it's maybe not my best song, I want to write and give it a life as best I can. I always like to pull out old stuff and try to revive it, give it CPR!

Q Is there anyone you'd like to work with?

A I love Tom Waits. I've gotten to sing with a lot of my idols and it's been really great, but sometimes you don't want to work with people you admire.

Q Are you afraid of being disappointed?

A I don't feel like I would really add much. Maybe I could play some piano, but I like his piano playing… I would love to work with somebody like Beck. I feel like he's somebody who is interesting and always trying new things.

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/19/09	265	353	2	TVO	Super Structures (N)		The Agenda With Steve Paikin		Occupation (Part 2 of 3) (N)		Masterworks (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Survivor: Samoa (N)		The Office (N)	The Office	90210 (HDTV) (N)		News Final
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		3600 secondes d'extase (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	TMZ (N)	Hollywood	FlashForward "Believe"		Fringe "August" (N)		(10:01) Private Practice (N)		Comedy Now
	196	311	7	CTV	The Vampire Diaries (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		The Mentalist (HDTV) (N)		CTV News
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Up Against the Wall (N)		The Border "Bride Price"		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Minds	Parks-Recreat	The Office (N)	30 Rock	The Jay Leno Show (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Dieu Merci (HDTV) (N) (SC)		Le Gentleman (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Taxi payant (N)	Rire et délire	Fringe (N) (SC)		Catherine (SC)	Bob Gratton	Le Mur (SC)	L'Attaque à 5 (N)	
	137	763	12	TFO	Panorama		Météo	Volt	*Le Cirque* (1928, Comédie)		Chaplin aujourd'hui: Le Cirque		Qhapaq Nan:
	-	362	13	CBS	The Insider (N)	Judge-Brown	Survivor: Samoa (N)		CSI: Crime Scene Invstgtn.		The Mentalist (HDTV) (N)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Mushuau Innu
	214	344	15	CITY	Law & Order: SVU		Community (N)	Parks-Recreat	30 Rock	30 Rock	The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*Clueless* ★★★ (1995, Comedy) Alicia Silverstone.				*The Lost Boys* ★★★ (1987, Horror) Jason Patric.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	FlashForward "Believe"		Grey's Anatomy (N)		(10:01) Private Practice (N)		News
	512	396	24	CPAC	La Période de questions (SC)		Heure polit.	L'Heure politique (SC)				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA) (N)		Fringe "August" (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Manor Born	Time Goes By	Murdoch Mysteries		Poirot		Charlie Rose
	205	312	104	CTV	The Vampire Diaries (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		The Mentalist (HDTV) (N)		CTV News
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		The Nature of Things		National
	500	500	33	CNN	CNN Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Over the Bolts	Sportsnet Con.	NFL Football Miami Dolphins at Carolina Panthers. From Bank of America Stadium in Charlotte, N.C.						
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey Toronto Maple Leafs at Carolina Hurricanes. (HDTV) (Live)						NHL Hockey Chicago Blackhawks at Calgary Flames.		
	410	403	52	SCR	Score on NFL	College Football Colorado at Oklahoma State. (Live)						NBA Basketball	
cable variety	411	457	56	OLN	Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	59	SC	NASCAR Racing		Pinks -- All Out (HDTV)		Jacked!	Jacked!	Wrecked	Wrecked	Pass Time
family	554	544	48	TEL	Stoked	Total Drama	Total Drama	6TEEN (N)	Futurama	King of the Hill	*Galaxy Quest* ★★★ (1999, Comedy)		
	557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz "d"	Prank Patrol	Adrenaline Proj
	570	580	29	MM	The Daily Fix		Ranked!		Johnny Cash: Man in Black		Entourage	Wild 'n Out	mmtop10.ca
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Crime 360
	628	584	32	SPKE	UFC Unleashed		The Ultimate Fighter (HDTV)		TNA Wrestling (HDTV) (N)				Super Dave
	521	560	34	TLC	American Chopper		Street Customs (N)		American Chopper (N)		Family Armor (HDTV) (N)		Amer. Chopper
	145	761	35	TV5	Horizons (SC)		Club social		Envoyé spécial			Cité guide	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		Da Vinci's City Hall		Foundatn	Paradise Falls	Saving Grace "Popcorn"		NCIS
	620	523	40	BVO	Storytellers	PhotoXplorers	Bathroom Divas-Opera Star		*Whole New Thing* ★★ (2005, Comedy-Drama)				Law & Order
	520	505	42	DIS	Daily Planet (N)		Life "Mammals" (N)		Life "Fish" (N)		MythBusters		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable
	601	562	45	SLC	Rich Bride, Poor Bride		X-Weighted "Leanne"		X-Weighted		X-Weighted "Amy"		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore Show	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Just Friends* (2005, Romance-Comedy)		
	600	564	49	H&G	House Hunters	Property Virgin	Holmes Inspection		Renovation	Disaster DIY	House Hunters	House Hunters	Holmes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval		Eureka (N)		InnerSpace (N)
	581	566	53	MTV	The City	After	Disaster Date	Disaster Date	Real World-Road Rules		Twilight: Moon	News Special	MTV Live
	618	524	54	TROP	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS	Ice Road Truckers		Ancient Discoveries		Underworld Histories		Life After People		Disaster
	129	773	60	CD	Biographies (HDTV)		Victims (HDTV)		Eaux troubles du crime (HDTV)		Un tueur si proche (HDTV)		Vidéo
	261	394	61	V	Murder, She Wrote		On the Buses	'Allo, 'Allo!	*Left Behind* ★ (2000, Suspense) Kirk Cameron, Brad Johnson.				I Prophesy
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Confidential	Confidential	Divine Design	Divine Design	Don't Move
	269	350	70	APTN	Wapos Bay	By the Rapids	Over the Bolts	Moose TV	*The Gods Must Be Crazy II* ★★★ (1990, Comedy) N!xau.				Fish Out of
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Road Grill	Restaurant Makeover		Heston's Feasts (N)		Ace of Cakes	Ace of Cakes	Family

critics'corner

Bones
Always a bit of a lone wolf, Booth (David Boreanaz) is forced to make some adjustments when his grandfather (guest star Ralph Waite, "The Waltons") comes to live with him and tags along as he and Brennan (Emily Deschanel) investigate human remains that were found by a real estate agent showing a property to prospective buyers. Michaela Conlin and TJ Thyne co-star in the new episode "The Foot in the Foreclosure." 8 PM on 36 FOX

Fringe
A peculiar abduction in Boston leads the Fringe team to uncover details of the mysterious man known as The Observer (guest star Michael Cerveris). Walter, Peter and Astrid (John Noble, Joshua Jackson, Jasika Nicole) analyze unusual evidence and deal with Walter's insatiable appetite for milkshakes in the new episode "August." 9 PM on 6 SHRO, 36 FOX

Underwood to remain a hometown gal for now
Things are going well for Carrie Underwood and hockey boyfriend Mike Fisher — but not well enough for the two to shack up, people.com reports. "No, call me old-fashioned. He's there. I'm here," the country star said. METRO NEWS SERVICES

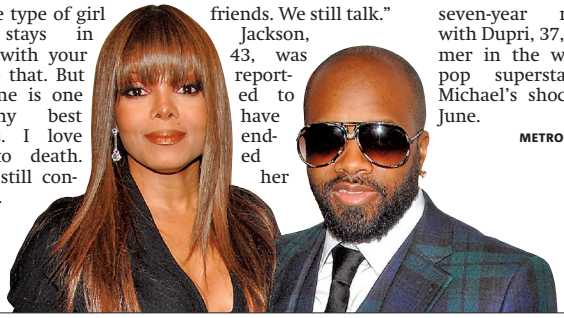
Celebrity Buzz

Janet confirms rumoured split

THAT'S THE WAY LOVE GOES Janet Jackson has confirmed she has split from boyfriend Jermaine Dupri, femalefirst.co.uk reports.

The singer — who was first rumoured to have separated from the music executive in July — admitted she didn't keep in touch with any of her ex-lovers apart from Dupri during a U.S. radio interview.

Speaking on Atlanta's Bert Show, Janet said: "I'm not the type of girl that stays in touch with your ex like that. But Jermaine is one of my best friends. I love him to death. We're still connected. We're still good friends. We still talk."



Jackson, 43, was reported to have ended her seven-year relationship with Dupri, 37, in the summer in the wake of her pop superstar brother Michael's shock death in June.

METRO NEWS SERVICES

I'm no Twilight fan, says Cyrus

UNLESS SHE GETS OFFERED A ROLE, PERHAPS? There's at least one teenager not going nuts over New Moon, and it's Miley Cyrus. The Hannah Montana star says she has no interest in the Twilight series.

METRO NEWS SERVICES

Celebrity tweets

Diablo Cody is tough to live next to sometimes, Harry Potter star Tom Felton is easily disappointed, and Dita Von Teese gets her jollies any way she can.

- @diablocody If you're my neighbor, I'm sorry if a giant dead rat just flew into your yard at about 80 mph. Don't ask. I'm sorry we panicked.
- @TomFelton i hate when u make a cup of tea and then u forget to drink it whilst its hot & then u have a gross cold tea left that isn't drinkable!
- @DitaVonTeese Blocking people on Twitter ALMOST satisfies my desire to have appeared as a guest judge on The Gong Show.

METRO WORLD NEWS

O'Neal 'not upset' by Fawcett's will

TOUGH LOVE STORY It doesn't bother Ryan O'Neal that Farrah Fawcett failed to name him one of the beneficiaries of her will. "Farrah's and my relationship was based on a deep love and respect for one another and for our son Redmond," the actor said.

METRO NEWS SERVICES

Locklear a diva on set?

ART IMITATING LIFE Since joining the cast of the new Melrose Place, original series star Heather Locklear hasn't been making life easy for her co-workers, according to the National Enquirer. "Heather's creating a lot of drama with her diva antics. It's making our lives miserable," a source says, adding that as a late addition to the show, Locklear feels pressure to improve the show's floundering ratings. "She's insecure and on edge. The responsibility is weighing heavily on her."

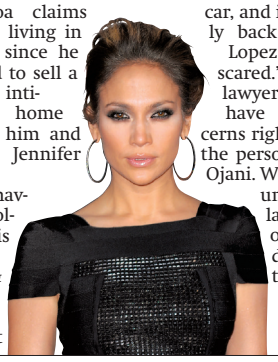
METRO NEWS SERVICES

J.Lo ex claims safety fears

DON'T MESS WITH LA LOPEZ Ojani Noa claims he's been living in fear ever since he attempted to sell a book and intimate home videos of him and ex-wife Jennifer Lopez.

"She's having him followed," his manager tells Life & Style Weekly. We just ran the license plate of the car, and it goes directly back to Jennifer Lopez. Ojani's scared." Noa's lawyer adds, "We have some concerns right now about the personal safety of Ojani. We believe he's under surveillance by someone. He's had death threats."

METRO NEWS SERVICES

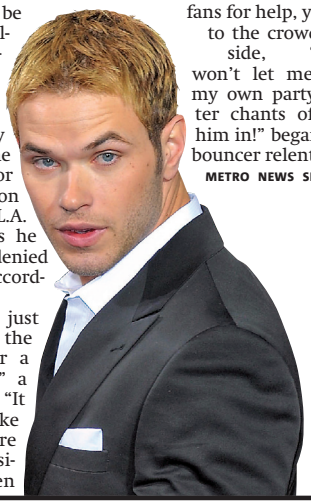


Twilight star 'invisible' to after-party security

BUT DEFINITELY NOT TO THOUSANDS OF SCREECHING FANS He may be famous to millions of Twilight fans, but Kellan Lutz wasn't recognized by security at the after-party for the New Moon premiere in L.A. this week, as he was initially denied entrance, according Page Six.

"He just snapped at the bouncer after a few seconds," a source says. "It looked like things were getting physical between them." Lutz reportedly turned to the amassed fans for help, yelling to the crowd outside, "They won't let me into my own party." After chants of "Let him in!" began, the bouncer relented.

METRO NEWS SERVICES



50 Cent's tattoo blues

SUFFERING FOR HIS ART Rapper 50 Cent finally found the one thing that would make him go through with laser tattoo-removal surgery: waking up early. "I've been on a few acting projects and my call time is four hours before the regular acting talent because of the tattoos," he says, according to Showbiz Spy.

METRO NEWS SERVICES

Cage 'already in deep debt' says ex-manager

FACE/OFF Nicolas Cage's former business manager has filed a cross complaint in Los Angeles Superior Court against the star, femalefirst.co.uk reports.

Samuel J. Levin — who was branded "incompetent" by the actor over his financial advice, which Nicolas claimed has led him towards financial ruin — insists the Con Air star was already in deep debt when he hired him in 2001. In the complaint filed last week, Levin insisted Cage refused to listen to his advice, resulting in him having an unpaid tax bill believed to be around $6 million.

He said: "From the start of our Business Management Agreement he knew about his perilous financial situation and he knew he was behind on paying his taxes."

The business manager claims he "warned" the actor he needed to earn a minimum of $30 million a year to support his lavish lifestyle and agreed a string of financial objectives which included selling "more than a dozen" of his cars and his $1.6 million comic book collection.

METRO NEWS SERVICES

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Rating:
Dinner & drinks for 2: $50

For me, two key dishes make an Italian restaurant great: their Bruschetta and Chicken Parm.

And, when you get up to leave, you should enjoy the garlic on your taste-buds and wish you hadn't finished your plate of pasta. If your standards are similar to mine, you will be satisfied with the offerings at La Cucina.

The first thing I always order in an Italian resto is Bruschetta.

Unfortunately, tomatoes aren't in season right now, so the Bruschetta ($6) wasn't as saliva-inducing as I was hoping.

A sprinkle of Parmesan would have been welcomed.

Moving on to the next requirement for a great Italian meal: Chicken Parmesan ($19). It's hard to go wrong with this combination of carbs, tomatoes, and cheese. In fact, La Cucina makes a great Chicken Parm. I wish I'd ordered it.

Instead, I ordered their signature La Cucina Penne ($15) and found it dull and needing salt even after a heavy sprinkle of freshly-grated Parmesan.

We ended our meal with a cup of freshly-made strong black coffee and four mini Sicilian cannoli ($3) filled with sweetened ricotta cheese.

Walking out, I could still taste garlic and wished I'd left one or two cannoli on the plate.

On the web

- Get recipes and more great food content at metronews.ca/recipes

SHARI GOODMAN/FOR METRO OTTAWA

Chicken Parmigiana ($19)

Global Peasant blog

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for her newest Green Split Pea Soup recipe

Dining out

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15 Clothier St. E., Kemptville (613) 258-3737

MYSTIKO
Mystiko serves delicious Greek fare, including shrimp in a tomato wine sauce, homemade Greek sausage and vanilla kadaifi dessert. Their wine list includes exclusively Greek wines. 281 Kent St. (613) 233-3626

In brief

TASTE DESSERT WINES with Groovy Grapes this Saturday (Nov. 21) at The Urban Element from 1:00 to 3:00 p.m. Tickets are $75 per person. theurbanelement.ca

COOK & DINE at a hands-on session demonstrating Decadent Holiday Celebrations this Saturday (Nov. 21) at DiVino Wine Studio from 10:30 a.m. to 1:30 p.m. Lunch is included. $79 per person. divinowinestudio.com

PREPARE for a Christmas Hors d'oeuvres party this Sunday (Nov. 22) at Mrs. McGarrigle's in Merrickville from 1:00 to 3:30 p.m. Tickets are $65 per person. Visit mustard.ca for more information.

METRO OTTAWA

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Take Five

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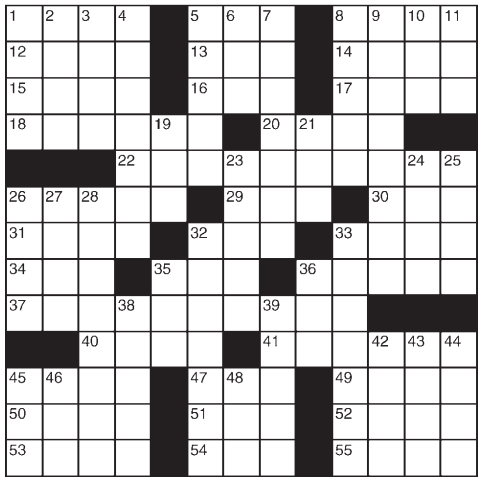

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7	2	8					
3				5				8
				7				6
4		7			1		3	
5	3						8	1
	9		4			5		2
2				6				
1				9				4
					4	3	6	

ACROSS

1 Church service
5 Life story, for short
8 Money
12 Norway's capital
13 Bobby of hockey
14 Out of the storm
15 Authentic
16 "My Gal —"
17 Charged bits
18 Tribe known for their rugs
20 Swiss river
22 Visiting casually
26 Happy companion?
29 Praise in verse
30 Historic time
31 "Sad to say, ..."
32 Pair
33 Advanced math
34 Zero
35 "Eureka!"
36 Alan Ladd classic
37 Failing
40 Werewolf's inspiration
41 Extremely tiny
45 God, in Guadalajara
47 Unsettling noise
49 Sneaky trick
50 Top-notch
51 List-ending abbr.
52 Summertime desserts
53 Purchases
54 Shad product
55 Immediately following

DOWN

1 Sunup time
2 Cruising
3 Czech, Serb or Pole
4 Comforts
5 — buddy
6 George's brother
7 Florida tourist mecca
8 Egypt's capital
9 Skin cream ingredient
10 Congress addr.
11 "— a real nowhere man, ..."
19 Behar of The View
21 Time of your life?
23 Davenport dweller
24 Sportscaster Andrews
25 Anger
26 "Phooey!"
27 A little of everything
28 Certain breakup payment
32 Roaring sound
33 Add
35 Past
36 Prepared
38 Face parts
39 Take to the floor
42 Cinderella's horses, really
43 Holm oak
44 "— Si Bon"
45 Slight amount
46 Debtor's letters
48 "Who am — judge?"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	9	4	7	3	1	5	6	8
5	7	3	2	8	6	1	9	4
8	6	1	9	4	5	2	3	7
9	3	5	8	6	2	4	7	1
6	2	8	1	7	4	3	5	9
4	1	7	3	5	9	8	2	6
1	8	2	6	9	3	7	4	5
7	4	6	5	2	8	9	1	3
3	5	9	4	1	7	6	8	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

ALICIA McAULEY

Chicken Parmesan

Submitted by Samantha Denham, Toronto

INGREDIENTS:

4 chicken breasts
3/4 cup flour
3/4 cup breadcrumbs, with handful of grated Parmesan cheese mixed in
2 eggs beaten, add 1 tbsp water
1 cup grated cheese (mix of half mozzarella, half Parmesan)
2 tbsp olive oil
1 cup marinara sauce
1/2 package spaghettini

METHOD:

1. Pound chicken breasts flat with a mallet. Coat with flour, then dip in egg mixture, then coat with breadcrumbs, pressing the breadcrumbs into the chicken.
2. Boil water and cook pasta.
3. In an ovenproof pan, heat olive oil. Over high heat, cook chicken on each side for 2 minutes until golden. When all four are done, keep chicken in pan and cover generously with cheese mixture. Then pour the marinara sauce over chicken.
4. Bake for 15 min at 350 F, until cheese is bubbly.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If your instincts tell you one thing today but everyone else tells you something different, then you must trust your instincts.

TAURUS ♉
APRIL 21-MAY 21
Cosmic activity in your chart means you'll sense when something is about to happen well before anyone else. That gives you an advantage. Use it.

GEMINI ♊
MAY 22-JUNE 21
Your task today is to become an equal partner with the planets in shaping your destiny. Go with the flow but make the flow work for you.

CANCER ♋
JUNE 22-JULY 22
You may daydream about having no family or financial worries, but why imagine it when, with a bit of effort, you could make it happen for real?

LEO ♌
JULY 23-AUG 23
You know what needs to be done and you know if you don't make a start soon the chance to change your life for the better could pass you by.

VIRGO ♍
AUG 24-SEPT 22
The influence of Mars in one of the more outgoing areas of the sky is helpful for taking risks, but only if they are of the calculated variety.

LIBRA ♎
SEPT 23-OCT 23
You may have serious things to do today but you can still have fun while you are doing them. In the next 24 hours, find ways to get the best of both worlds.

SCORPIO ♏
OCT 24-NOV 22
You may not be the type to wear your heart on your sleeve but you need to be more open emotionally and today's Venus-Mars link will help.

SAGITTARIUS ♐
NOV 23-DEC 21
The cosmic trend dominating your life at the moment is so positive that you have nothing to worry about, but for some reason you still fear the worst.

CAPRICORN ♑
DEC 22-JAN 20
Cosmic activity may make you feel that if you don't do something now the chance will pass you by. It won't — it will be there tomorrow just like today.

AQUARIUS ♒
JAN 21-FEB 18
You'll find it easier to be assertive today, but don't be assertive just for the sake of it. Work with people who share your aims and ambitions.

PISCES ♓
FEB 19-MARCH 20
Someone you work with or do business with will make the proverbial offer you cannot refuse today. Don't hesitate — say "Yes" immediately.

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This day in history

1493: Christopher Columbus goes ashore on an island he first saw the day before. He names it San Juan Bautista (later renamed Puerto Rico).
1969: Apollo 12 astronauts Pete Conrad and Alan Bean land at Oceanus Procellarum(the Ocean of Storms) and become the third and fourth humans to walk on the Moon.
1969: Soccer player Pelé scores his 1,000th goal.
1990: Pop group Milli Vanilli are stripped of their Grammy Award because the duo did not sing at all on the Girl You Know It's True album. Session musicians had provided all the vocals.

METRO NEWS SERVICES

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Take Five

Lamb Lollipops

INGREDIENTS:
1 rack of lamb (8 chops)
Lamb caul fat or prosciutto
250 ml (1 cup) baby arugula
75 ml (5 tbsp) extra-virgin olive oil
4 cloves garlic
90 g (3 oz) toasted pine nuts
Juice and zest of 1/2 lemon
Salt and pepper, to taste

METHOD:
1) In a food processor, place arugula, olive oil, garlic, pine nuts, lemon juice and zest and process until smooth.
2) Cut rack of lamb into chops and wrap bones in foil to prevent browning.
3) Place 5 ml (1 tsp) of the pesto on piece of spread-out caul fat or prosciutto.
4) Season each chop with salt and pepper, place on pesto and wrap caul fat or prosciutto around chop.
5) Place on a baking sheet and roast at 230 C (450 F) for 3 to 5 minutes or until fat is tight around chop.

MAKES 8 CHOPS AND 250 ML (1 CUP) PESTO

Metro Recipes of the Day

RYAN PFEIFFER/THE CANADIAN PRESS

RYAN PFEIFFER/THE CANADIAN PRESS

Lamb lollipop, left, with arugula and pine nut pesto and Phyllo, right, wrapped brie with carmelized shallots.

Phyllo-Wrapped Baked Brie

INGREDIENTS:
1 shallot, finely minced
125 ml (1/2 cup) red pepper jelly, divided
3 sheets phyllo dough
125 ml (1/2 cup) melted unsalted (clarified) butter
125 ml (1/2 cup) sliced almonds sliced
1 small wheel of brie or Camembert

METHOD:
1) Preheat oven to 190 C (375 F).
2) In a saute pan, sweat shallot until it starts to caramelize, keeping temperature low.
3) Lay out one sheet of phyllo on a work surface; brush evenly with butter. Lay a second sheet on top and repeat until you have three layers.
4) Place cooled shallot mixture in the middle of the phyllo sheets. Place brie on top of shallot mixture. Wrap sides and bottom and flip over.
5) Bake for 15 to 20 minutes until golden brown. Let cool for 15 minutes before slicing. Garnish with remaining jelly.

MAKES 8 SERVINGS

Cranberry Duck Scones

SCONE INGREDIENTS:
375 ml (1 1/2 cups) all-purpose flour (approx)
30 ml (2 tbsp) sugar
6 ml (1 1/4 tsp) baking powder
1 ml (1/4 tsp) baking soda
2 ml (1/2 tsp) salt
125 ml (1/2 cup) cold unsalted butter
125 ml (1/2 cup) dried cranberries, chopped
125 ml (1/2 cup) buttermilk (approx)

METHOD:
1) In a large bowl, sift together flour, salt, sugar, baking soda and baking powder.
2) Cut in butter. Add buttermilk and mix until just combined.
3) Turn out dough onto a floured work surface and knead dough until it comes together, then roll out to about 5 mm (1/4 inch) thick.
4) Cut out small rounds of dough about 2.5 cm (1 inch) in diameter and place on a cookie sheet.
5) bake at 190 C (375 F) until golden brown and risen.

DUCK INGREDIENTS:
Duck must be prepared several days ahead
5 duck breasts
125 ml (1/2 cup) salt
5 thyme sprigs
Zest of 2 oranges
Small jar fig jam
125 ml (1/2 cup) sprouts or greens
250 g (1/2 lb) gorgonzola

METHOD:
1) Trim off any visible silver skin. Dust with salt and lay thyme sprigs and orange zest on flesh side. Sandwich breasts between two trays and press with weights for 1 day.
2) Rinse and dry breasts and place in refrigerator for 2 to 3 days until dried. To serve, slice breast very thinly across the grain.
3) To assemble, slice scones in half and place on a baking sheet. Place fig jam on bottom layers, place small sprouts or greens on jam and top with a slice of duck. Place a slice of gorgonzola on top and melt in 180 C (350 F) oven (watch carefully so it doesn't scorch). Place tops on scones and serve warm.

MAKES 12 SCONES

THE CANADIAN PRESS

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